

Practice # 26 – Multi Free (Lanes 3&4)

Warm Up - 400 Choice
- 3/2x100 kick 2:45/3:15
700/600

Main Set:

400 free (Paddles, Pull Buoy) 7:00/7:45
4x100 IM 2:10/2:20
4/3x50 free 1:00/1:10
1000/950

300 free (Paddles, Pull Buoy) 5:30/6:00
3/2x100 IM 2:10/2:20
4/3x50 free 1:00/1:10
800/650

200 free (Paddles, Pull Buoy) 3:45/4:00
200
2700/2400

Warm down - 5 mins of relaxed swim