

## Practice # 28 – Multi Free (Lanes 3&4)

**Warm Up**

- 300 Choice – mix it up
- 100 Scull with Pull Buoy
- 200 Kick
- 2x100 Drill/Free by 25s  
1-arm, catch-up

800

**Main Set: (1 Min break each 600)**

**5x100 Fr** 2:10/2:20

**100 Fr (Pad, Band& PBuoy)** 2:00/2:10

600

**4x100 Fr** 2:05/2:15

**200 Fr (Pad, Band& PBuoy)** 3:45/4:00

600

**3x100 Fr** 2:00/2:10

**300 Fr (Pad, Band& PBuoy)** 5:30/6:00

600

**2x100 Fr** 1:55/2:05

**400 Fr (Pad, Band& PBuoy)** 7:15/8:00

600  
3200

**Warm down - 5 mins of relaxed swim**