

## Practice # 33 - BR/IM Steps (Lanes 3 & 4)

**Warm Up - 400 Choice Stroke**

**- 2x175/150 br or fr kick 4:15**

**Main Set:**

**5/4x100 breast (1<sup>st</sup> 2 drill-rest full) 2:15/2:30**

**drill: 2 kicks for every pull, feel kick & glide**

**full: work on timing of kick, arms & glide**

**in order to max the kick and glide fwd**

**4/3x200 (50 fr/100 br/50 fr) 4:00/4:30**

**6x100 IM Mix: 50 fly/50 bk 2:15/2:30**

**100 bk “**

**50 bk/50 br “**

**100 br “**

**50 br/50 fr “**

**100 free “**

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