

Practice # 44 – IM/Fr (Lanes 3 & 4)

Warm Up - 200 Choice

- 1x100 Kick

- 200 Pull/Paddles/Pull Buoy

- 1x100 Kick

600

Main Set:

4 Times through IM rotation:

25 Fly :45

50 Bk 1:15

75 Br 2:00

100 Fr 2:10/2:20

1000

8x 50Free: 1:10/1:20

400

2x200 Pull/Paddles/Pull Buoy 4:30/5:00

400

8x 50Free: 1:10/1:20

400

Cool down - 5 mins relaxed swim 2800