

## **Practice # 67 – 75/300 drill/free/ch (Lanes 3&4)**

**Warm Up - 400 Choice**

**- 4x100 free drill 2:10/2:30**

**(25 sculling drill - no pull buoy, 25 full)**

**Main Set:**

**6x75 free drill 1:40/1:50**

**(1<sup>st</sup> 3 - 15 dog paddle, 60 full hard)**

**(last 3 - 50 hard press, 25 easy)**

**200/150 free (quality stroke)**

**2x100 kick (hard 25, easy 25) 2:45/3:00**

**8x75 choice drill 1:50/2:00**

**free: 25 side glide, 25 hard 1-arm, 25 full**

**fly: hard 25 w/ long reach, 25 1-arm, 25?**

**back: side glide w/ long body, 50 full**

**breast: 25 arms only, 2 kicks/stroke, 25 full**

**300/200 free (choice pace)**

**2x100 kick (hard 25, easy 25) 2:45/3:00**

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