

Practice # 68 –100 Fr-50 Bk/Br (Lanes 1&2)

Warm Up - 400 Choice
- 6x75 Free 1:30

(25 kick with board, 25 drill, and 25 full)

Drill - Catchup, Sideglide, 1-arm repeat

850

Main Set:

5x100 Free (hard) 1:50

50 easy 1:30

5x100 Free (harder) 1:45

50 easy 1:30

5x100 Free (hardest) 1:40

50 easy 1:30

1650

6x50 Back (hard) 1:00

50 easy 1:30

6x50 Breast (hard) 1:10

50 easy 1:30

700

2x400 free (Paddles, Pull Buoy) 6:30/7:00

800

Warm Down - 5 min relaxed swim

4000