

## **Practice # 80 – 75s free/choice (Lanes 3&4)**

**Warm Up - 400 Choice**

**Main Set:**

**1. 8/6x75 free 1:30/1:40**  
**(smooth, efficient, & strong)**

**2. 200/150 kick 1 min rest**

**3. 6x75 Mod IM or choice 1:40/2:00**  
- Fly, Bk, Br  
- Bk, Br, Fr  
- Br, Fr, Fly  
- Fr, Fly, Bk  
- Fly, Bk, Br  
- Bk, Br, Fr

**Repeat steps 1, 2 & 3 for a 2<sup>nd</sup> set**

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