

**Practice # 85 –David Dallin's Ultimate WO**  
**(Lanes 3 & 4)**

**Warm Up - 200 Choice**

**- 1x100 Kick**

**- 200 Pull/Paddles/Pull Buoy**

**- 1x100 Kick**

**600**

**Main Set:**

**4x100 IM (Desc 1-4)**

**2:20**

**400**

**2x300 Free Pull/Paddles/Pull Buoy 7:00**

**600**

**10x 50 Free**

**1:15**

**500**

**4x100 IM (Desc 1-4)**

**2:20**

**400**

**Cool down - 5 mins relaxed swim**

**2500**