

# Practice # 86 – Dan’s 150s (Lanes 1&2)

## Warm Up:

- 100 Free
- 200 kick
- 100 Free
- 8x50 dr/sw - Odds Head Up  
Evens Underwater
- 100 kick (hard 25-easy 25)

900

## Main Set:

|                                 |      |
|---------------------------------|------|
| 8x150 Fr (50 hard 100 smooth)   | 2:45 |
|                                 | 1200 |
| 3x300 Fr pull (Paddles/band/PB) | 5:30 |
|                                 | 900  |

## Cool down:

200 Fr  
200 Kick

400  
3400