

# Practice # 89 – Dan’s 300 Pull (Lanes 3 & 4)

- Warm Up**
- 200 Fr
  - 4x50 Kick
  - 4x50 Dr/Fr by 25s  
underwater free, pause 1
  - 4x50Fr as 15fast/35ez

800

## **Main Set:**

<b>2x300 Fr (Paddles/PB pull)</b>	<b>6:00/6:30</b>
	600
<b>4x150 Fr</b>	<b>3:15/3:30</b>
	600
<b>3x100 Fr (Paddles/PB pull)</b>	<b>2:10/2:20</b>
	300
<b>4x50 Fr</b>	<b>1:10/1:15</b>
	200

## **Warm down**

- 100 Fr**
- 100 Kick**

200  
2700