

Practice # 92 – Dan’s 100s (Lanes 1&2)

Warm Up - **300 Choice – mix it up**
 - **100 Kick**
 - **6x50 Drill/Free by 25s**
 1-arm, catch-up, sideglide

700

Main Set:

12x100 Fr (Paddles, Band & PBuoy) 2:00

1200

12x100 Fr (PBuoy or fins) 2:00

1200

Cool Down:

8x50 alternating Kick/swim

400
3500