

Practice # 92 – Dan’s 100s (Lanes 3&4)

Warm Up

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

600

Main Set:

10x100 Fr (Paddles, Band & PBuoy) 2:10
1000

10x100 Fr (PBuoy or fins) 2:10
1000

Cool Down:

6x50 alternating Kick/swim

300
2900