

# Practice # 93 – Dan’s 50Fr (Lanes 3 & 4)

- Warm Up**
- 100 Free
  - 100 Kick
  - 100 Back
  - 100 Kick
  - 4x50 Dr/Fr by 25s 1-arm, catch-up, sideglide, zipper
  - 200 Free

800

## **Main Set:**

**20x50 Fr (1500 pace) 1:15/1:20**  
1000

**200 ez**  
200

**10x50 Fr (25 hard/25ez) PP option 1:15/1:20**  
500

## **Warm down:**

**100Fr**  
**100 Kick**  
**100 Back**

300  
2800