

Practice # 96 – 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