

Practice # 96 – Dan’s 150s (Lanes 3&4)

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:

6x150 Fr (50 hard 100 smooth)	3:30
	900
3x200 Fr pull (Paddles/band/PB)	4:30
	600

Cool down:

200 Fr
200 Kick

400
2900