

# Practice # 97 – Dan’s 400 Pull (Lanes 1 & 2)

- Warm Up**
- 100 Fr
  - 200 as 50Br/50Bk
  - 100 Kick
  - 4x50 Dr/Fr by 25s 1-arm, fist, finger drag, catch up
  - 2x50Fr as 25ez/25fast

700

## **Main Set:**

<b>3x400 Fr (Paddles/PB pull)</b>	<b>6:30/7:00</b>
	1200
<b>10x100 Free</b>	<b>1:45/1:50</b>
	1000
<b>6x50 Free hard</b>	<b>1:00/1:05</b>
	300

## **Warm down**

**200 relaxed swim**

200  
3400