

Practice # 97 – Dan Smith WO (Lanes 3 & 4)

- 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:

4x300 Fr (Paddles/PB pull) 5:30/6:00
1200

5x100 Free 2:00/2:15
500

6x50 Free hard 1:05/1:10
300

Warm down

200 relaxed swim

200
2900