

# Practice # 98 – Dan’s 200 Free (Lanes 1 & 2)

- Warm Up**
- 100 Fr
  - 100 Kick
  - 100 Fr
  - 200 Fr build by 50s
  - 6x50 Dr/Fr by 25s 1-arm, finger drag, catch up, repeat
  - 100 Fr as 25ez/25fast

900

## **Main Set:**

**6x200 Fr (Pdls/PB optional) 3:30/4:00**

1200

**6x100 IM 2:00/2:10**

600

**10x50 Free 1:00/1:05**

500

## **Warm down**

**100 Fr easy**

**100 Kick**

200

3400