

Practice # 98 – Dan’s 200 Free (Lanes 3 & 4)

- 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:

4x200 Fr (Pdls/PB optional) 4:30/5:00

800

5x100 IM 2:20/2:30

500

8x50 Free 1:10/1:15

400

Warm down

100 Fr easy

100 Kick

200

2800