

Practice # 9 – Dan’s 50Fr (Lanes 3 & 4)

- Warm Up**
- 100 Free
 - 100 Kick
 - 100 Back
 - 100 Kick
 - 4x50 Dr/Fr by 25s 1-arm, catch-up, sideglide, zipper
 - 200 Free

800

Main Set:

20x50 Fr (1500 pace) 1:15/1:20

1000

200 ez

200

10x50 Fr (25 hard/25ez) PP option 1:15/1:20

500

Warm down:

100Fr

100 Kick

100 Back

300
2800