

Practice # 10 – Choice/Fr Mix (Lanes 1 & 2)

Warm Up - 400 Choice

- 4x100 IM 1:50/2:00
- 2x200/150 kick 4:15/3:45

Main Set:

400 Fr (Paddles/PB pull) 70% 6:00/6:15

4x100 choice med 1:45/1:50

300 Fr (Paddles/PB pull) 80% 4:45/5:00

3x100 choice build 1:50/2:00

200 Fr (Paddles/PB pull) 90% 3:15/3:30

2x100 choice hard 2:00/2:10

6/4x50 choice for time 1:00

Warm down – 5 mins of relaxed swim