

Practice # 10 – Choice/Fr Mix (Lanes 3 & 4)

Warm Up - 400 Choice

- 4/3x100 IM 2:10/2:30

- 2x150 kick 4:00/4:30

Main Set:

400/300 Fr (Paddles/PB pull)70% :30 rest
3x100 choice med 2:00/2:15

300/200 Fr (Paddles/PB pull)80% :30 rest
2x100 choice build 2:10/2:30

200 Fr (Paddles/PB pull) 90% :30 rest
2/1x100 choice hard 2:15/2:45

4x50 choice for time 1:00

Warm down – 5 mins of relaxed swim