

## Practice # 11 – Free Drills (Lanes 1&2)

**Warm Up - 400 Choice**  
**- 4x100 kick** **2:15/2:30**  
800

### **Main Set:**

**8x100 free drills each one twice 1:50/2:00**  
**(25 drill, 25 full, 25 drill, 25 full)**

**Drills: Catch-up, Sideglide, 1-arm, scull**  
800

**8x75 free** **1:15/1:20**  
**Think about stroke count and turns**  
600

**4x50 theme swim** **1:00**

**2x100 IM** **1:50/2:00**

**(repeat set 3 times with theme swims as:**

**1<sup>st</sup> cycle fly, 2<sup>nd</sup> back, 3<sup>rd</sup> breast)**

**1 min rest between cycles**

1200

**Warm down – 400 pull/paddles then some**  
**relaxed swim**

400  
3800