

## Practice # 11 – Free Drills (Lanes 3&4)

**Warm Up - 400 Choice**  
**- 3x100 kick** **2:15/2:30**  
700

### **Main Set:**

**6/5x100 free drills each one twice 2:00/2:20**  
**(25 drill, 25 full, 25 drill, 25 full)**  
**Drills: Catch-up, Sideglide, 1-arm**  
600

**6x75 free** **1:30/1:45**  
**Think about stroke count and turns**  
450

**3/2x50 theme swim** **1:05/1:15**  
**2x100 IM** **2:10/2:20**  
**(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**  
1050

**Warm down – 400 pull/paddles then some**  
**relaxed swim**  
400  
3200