

## Practice # 12 – Fr/Choice Mix (Lanes 1 & 2)

### Warm Up - 400 Choice

- 2x200/150 kick                      4:15/3:45  
(50 hard/50 easy mix)

### Main Set:

6x100 drills                                      1:50/2:00  
(25 drill, 25 full, 25 drill, 25 full)

Scull/Sideglide/Single Arm  
Scull/Catchup/Finger Drag

400 free (pull paddles PB)70%              6:00/6:15

5/4x100 choice                                  med              1:45/1:50

300 free (pull paddles PB)80%              4:45/5:00

3x100 choice                                      build              1:50/2:00

200 choice (pull paddles PB)90%              3:15/3:30

2x100 choice                                      time              2:00/2:10

Warm down – 5 mins of relaxed swim