

Practice # 12 – Fr/Choice Mix (Lanes 3 & 4)

Warm Up - 400 Choice

- 2x150/125 kick 4:00

Main Set:

5/4x100 drills 2:10/2:30

(25 drill, 25 full, 25 drill, 25 full)

Scull/Sideglide/Single Arm

Catchup/Finger Drag

400 free (pull paddles PB)70% :30 rest

3/2x100 choice med 2:00/2:15

300 free (pull paddles PB)80% :30 rest

2/1x100 choice build 2:10/2:30

200 choice (pull paddles PB)90% :30 rest

2/1x100 choice time 2:15/2:45

Warm down – 5 mins of relaxed swim