

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

### Warm Up - 400 Choice

- 2x150 kick 4:00  
(50 hard, 50 easy, 50 hard)

### Main Set:

#### Turns & Diving drills

300 free (pull optional)	70%	:30 rest
3/2x100 choice	med	2:00/2:15
250 free (pull optional)	80%	:30 rest
2/1x100 choice	build	2:10/2:30
200 choice	90%	:30 rest
2/1x100 choice	time	2:15/2:45

Warm down – 5 mins of relaxed swim