

## Practice # 13 – Free Drills (Lanes 1&2)

**Warm Up - 400 Choice**  
**- 6x75 free 1:30**  
**(25 kick-no board, 25 choice drill, 25 full)**

### **Main Set:**

**4x50 easy-1x50 hard free :50/:55**

**3x50 easy-2x50 hard free :50/:55**

**2x50 easy-3/2x50 hard free :50/:55**

**5/4x150 kick 3:15/3:30**

**6/5x100 IM 1:50/2:00**

**400 free (Paddles, Pull Buoy) 6:00/6:15**

**Warm down - 5 mins of relaxed swim**