

Practice # 13 – Free Drills (Lanes 3&4)

Warm Up - 400 Choice
- 5/4x75 free 1:45/2:00
(25 kick-no board, 25 choice drill, 25 full)

Main Set:

4x50 easy-1x50 hard free 1:00/1:10

3x50 easy-1x50 hard free 1:00/1:10

2x50 easy-2/1x50 hard free 1:00/1:10

4/3x150 kick 3:45/4:15

4/3x100 IM 2:10/2:30

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

Warm down - 5 mins of relaxed swim