

## Practice # 14 – 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:**

**Multi 25s free drill as a group:**

- a. kick no board – rolls;**
- b. side glides-long&straight body;**
- c. straight free with tight abs&hips;**
- d. hand placement drill (reach&finish);**
- e. max power in every stroke; and**
- f. swim light on the water-consolidate**

**3x75 easy-1x75 hard free 1:30/1:40**

**2x75 easy-2x75 hard free 1:30/1:40**

**1x75 easy-3/2x75 hard free 1:30/1:40**

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