

## Practice # 20 – Multi Free (Lanes 1&2)

**Warm Up - 400 Choice**  
**- 4x100 kick 2:15/2:30**  
800

### **Main Set:**

**8x100 (Drills) 1:50/2:00**  
**(25 Drill, 25 full, 25 Drill, 25 full)**  
**Drills: Scull, Side glide, 1-arm, Catch-up**  
**- repeat**  
800

**5x150 free or choice 2:30/2:45**  
**Choice can be 2<sup>nd</sup> stroke or Mod IM**  
**50 easy recovery**  
800

**3x300 free (pull/paddles &PB) 4:45/5:15**  
900  
3300

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