

Practice # 20 – Multi Free (Lanes 3&4)

Warm Up - 400 Choice
- 3/2x100 kick 2:45/3:00
700/600

Main Set:

6x100 choice drills 2:10/2:30
(25 Drill, 25 full, 25 Drill, 25 full)
Drills: Scull, Side glide, 1-arm - repeat
600

4/3x150 free or choice 3:00/3:30
Choice can be 2nd stroke or Mod IM
600/450

2x300 free (pull/paddles &PB) 6:00/7:00
600
2500/2250

Warm down - 5 mins of relaxed swim