

## Practice # 22 – Multi Free (Lanes 3&4)

**Warm Up - 400 Choice**  
**- 3x100 kick 2:15/2:30**

### **Main Set:**

**6/5x100 free drills 2:10/2:30**

**(25 drill, 25 full, 25 drill, 25 full)**

**Drills: side glide, 1-arm, and catch-up**

**Today's theme: reach & press down**

**200/150 kick :45 rest & re-group**

**4/3x150 free or choice 3:00/3:30**

**Choice can be 2<sup>nd</sup> stroke or Mod IM**

**200/150 kick :45 rest & re-group**

**2x300/250 free (pull and paddles) 6:00**

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