

Practice # 21 – Free/Kick (Lanes 3&4)

Warm Up - 400/300 Choice
- 5/4x50 Sculling 1:15/1:30

Main Set:

**350/300 free leading right into 150/100
kick (repeat set 3 times with :30 rest)**

3/2x100 IM 2:15/2:45

2x150 IM (Mod IM) 3:20/4:00

300/200 Choice

Warm down - 5 mins of relaxed stroke