

Practice # 24 – Fr (build) (Lanes 1&2)

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

Main Set:

8x50 free (count your strokes) :50/55
400

6x100 free (smooth) 1:45/1:55
600

3x200 free (Build with fins) 3:10/3:30
600

3x300 free (Pull buoy/paddles) 4:45/5:00
900
3300

Warm down - 5 mins of relaxed swim