

Practice # 24 – Fr (build) (Lanes 3&4)

Warm Up - 400 Choice
- 3x100 kick **3:00**
700

Main Set:

7/6x50 free (count strokes) **1:00/1:05**
350/300

5/4x100 free (smooth) **2:00/2:20**
500/400

2x250/200 free (Build w/fins) **4:30**
500/400

2x300 free (Pull buoy/paddles) **5:30/6:00**
600
2650/2400

Warm down - 5 mins of relaxed swim