

Practice # 25 – Free/Kick (Lanes 1&2)

Warm Up - 400 Choice

- 8x50 IM rotation 1:00

(50 fly, 25 fly-25 back, 50 back, etc)

Main Set:

**400 free leading right into 200/150 kick
(repeat set 3 times with :30 rest)**

3x100 IM 1:50/2:00

2x200 IM 3:45/4:00

Warm down - 5 mins of relaxed stroke