

Practice # 25 – Free/Kick (Lanes 3&4)

Warm Up - 400 Choice

**- 7/6x50 IM rotation 1:05/1:10
(50 fly, 25 fly-25 back, 50 back, etc)**

Main Set:

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

3/2x100 IM 2:10/2:30

2x150 Mod IM 3:15/3:45

(50 of each stroke in IM order)

Warm down - 5 mins of relaxed stroke