

Practice # 26 – Multi Free (Lanes 3&4)

Warm Up - 400 Choice
- 3/2x100 kick 2:45/3:15

Main Set:

300 free (count strokes) 6:00/6:15

3/2x100 choice 2:00/2:10

150 kick (hard 25, med 25)

300 free (count strokes) 6:00/6:15

3/2x100 choice 2:10/2:25

150 kick (hard 25, med 25)

300 free 6:00/6:15

3/2x100 choice 2:20/2:40

Warm down - 5 mins of relaxed swim