

## Practice # 34 - BR/IM (Lanes 1 & 2)

**Warm Up - 400 Choice Stroke**

**- 5x50 br sculling**

**1:15**

**Main Set:**

**5x100 breast (1<sup>st</sup> 3 drill-rest full) 1:50/2:00**

**drill: 2 kicks for every pull, feel kick & glide**

**full: work on timing of kick, arms & glide**

**in order to max the kick and glide fwd**

**3x200 (50 fr/100 br/50 fr)**

**3:30/3:45**

**4/3x100 kick**

**2:15/2:30**

**300 MOD IM (easy)**

**6:00**

**(100 bk, 100 br, 100 fr)**

**200 IM (build)**

**4:00**

**100 IM (hard)**

**for time**

**Warm down – 5 mins of relaxed swim**