

Halloween Practice

Monday, October 31, 2022 1:21 PM

Treat Practice

Set 1 - 1300

200 SKIPS

4X50 drill @ 1:15

Set 2 - 500

4X75 IMO (50f/25eZ) @ 1:40

4X25 v-sprint choice @ 0:40

1 min

2X50 fast OTB

Set 3

Relays

Set 4 850-2200

Look at Other Side

Set 5 - 500

4X75 swim @ 1:30

4X50 buddy kick @ 1:10

Total: 3150 - 4500

Key

1. Set 3 - W
2. Set 2 - L
3. Set 5 - W

Trick Practice

Set 1 - 1000

400 free

6X25 zombie kicks @ 0:30

4X50 v-sprint @ 1:00 Trick 5: IMO Tr

Suffocating 50s of Death (5,4,4,3,3)

Set 2 -600

6X100 GHOST free @ 1:15 or 1:30 (C

Set 3 - (do a 50 eZ after each group

5X50 stroke @ 0:55

4X50 stroke @ 0:50

3X50 stroke @ 0:45

2X50 stroke @ 0:40

Set 4 850 - 2200

Trick 1 or Treat 1 X Trick 2 or Treat 2

1 min rest

Trick 3 or Treat 3 X Trick 4 or Treat 4

1K: 12 1T: 8

2K: 100 odd: IM even: choice 1:40 2

3K: 5 3T: 3

4K: 200 odd: free even: choice @ 2:

Set 5 - 400

4X50 UW 10+ @ 1:00

4X50 BC (4,4,3,3) @ 1:00

Total: 3550 - 4700

reat 5: Free
@ 1:00

Get to ghost(sit out) 1X100)

of 50s)(free = minus 5 sec) - 700

T: 50 choice @ 1:00

45 4T: 150 (50ez/50f/50ez) @ 2:45

3. Set 5 - W
4. Set 1 - W
5. 4#2 - L
6. 4#4 - L
7. 4#3 - W
8. 4#1 - L
9. 1#5 - L