

Monday 10/10

Monday, October 10, 2022 1:53 PM

Practice 1

Warm Up - 1000

300 swim

6X50 kick/swim all stroke @ 1:00

4X50 v-sprint @ 1:00

4X50 max breaths 6 per 50 @ 0:50

2 Times Through - 1900

4X200 @ 3:10 (25 IMO/25 free)

2X75 drill stroke @ 1:40

2 Times Through - 1600

4X75 @ 1:10 threshold

4X75 @ 1:00 threshold

2 minute rest

1X200 IM fast and work underwaters

4X75 eZ

Total: 4800

Practice 2

Warm Up - 800

300 swim

6X50 kick/swim all stroke @ 1:00

4X50 v-sprint @ 1:00

2 Times Through - 1300

5X100 @ 2:00 (25 IMO/25 free)

2X75 drill stroke @ 1:40

2 Times Through - 1000

4X75 @ 1:10 threshold

2 minute rest

1X200 IM fast and work underwaters

4X75 eZ

Total: 3400