

Monday 10/17

Monday, October 17, 2022

1:27 PM

Challenge Practice

Warm Up- 1000

200 SKIPS

Pre-Set - 1600

4X50 free DPS @ 0:50

4X50 stroke DPS @ 1:00

2X4X50 IMO (25 stroke/25 drill) @ 1:00

2X200 @ 3:00 hypoxic training (breathe 4s/6s on bad side)

2X200 @ 3:00 work underwaters

Main Set 3 Times Through - 3450

Round 1: free Round 2: stroke Round 3: choice

3X150 @ 2:15 (50 fast/50 cruise (medium)/50 fast)

3X100 @ Free -> 1:20 Stroke ->1:30

2X50 eZ

4X50 GOLF fast @ 0:50

2X50 eZ

Total: 6050

Practice 1

Warm Up- 1000

200 SKIPS

Pre-Set - 1100

4X50 free DPS @ 1:00

4X50 stroke DPS @ 1:00

2X4X50 IMO (25 stroke/25 drill) @ 1:10

2X150 @ 2:30 hypoxic training (breathe 4s/6s on bad side)

Main Set 3 Times Through - 2850

Round 1: free Round 2: stroke Round 3: choice

ROUND 1: FREE ROUND 2: STROKE ROUND 3: CHOICE

4X100 @ 1:50 (25 fast/50 medium/25 fast)

2X50 eZ

3X75 @ Free -> 1:00 Stroke ->1:10

1X25 eZ

4X25 GOLF fast @ 0:40

2X50 eZ

Total: 4950

Practice 2

Warm Up- 800

200 Swim

4X50 social kick @ 1:20

4X50 IMO @ 1:15

200 swim

Pre-Set - 800

4X50 free DPS @ 1:00

4X50 stroke DPS @ 1:00

2X4X50 IMO (25 stroke/25 drill) @ 1:10

Main Set 3 Times Through - 1700

Round 1: free Round 2: stroke

4X100 @ 2:10 (25 fast/50 medium/25 fast)

2X50 eZ

3X75 @ Free -> 1:15 Stroke ->1:30

1X25 eZ

4X25 GOLF fast @ 0:45

2X50 eZ

Total: 3500

