

Monday 10/24

Wednesday, October 19, 2022

1:15 PM

Practice 1

Warm Up - 1200

200 free

4X50 drill @ 1:10

4X50 DPS @ 1:00

4X50 kick @ 1:10

4X50 IMO @ 1:00

4X2X25 fast IMO @ 0:40

Main Set 1 - 2150 (1 min rest between sets)

12X25 Fly @ 0:30 or 0:40 JMI

8X50 Back or Breast @ 0:45 or 0:55 JMI

6X100 Free @ 1:30 or 1:40 JMI

Rest

6X25 Fly @ 0:45 Fast

4X50 Back or Breast @ 1:00 Fast

3X100 Free @ 2:00 Fast

Rest

200 IM

Main Set 2 - 1400

10X50 @ 0:45 (500p)

100 eZ

5X100 @ 1:30 (500p+4)

100 eZ

Cool Down - 400

4X50 eZ swim

4X50 eZ kick

Total: 4950

Practice 2

Warm Up - 800

200 free

4X50 drill @ 1:20

4X50 kick @ 1:20

4X2X25 fast IMO @ 0:45

Main Set 1 - 1400 (1 min rest between sets)

8X25 Fly @ 0:40 or 0:45 JMI

4X50 Back or Breast @ 0:55 or 1:05 JMI

3X100 Free @ 1:40 or 1:50 JMI

Rest

6X25 Fly @ 0:50 Fast

3X50 Back or Breast @ 1:10 Fast

2X100 Free @ 2:20 Fast

Rest

200 IM

Main Set 2 - 800

6X50 @ 0:55 (500p)

100 eZ

3X100 @ 1:45 (500p+4)

100 eZ

Cool Down - 400

4X50 eZ swim

4X50 eZ kick

Total: 3400