

Monday 11/21

Monday, November 21, 2022

1:24 PM

Practice 1

Warm Up - 1400

300 free

4X50 kick @ 1:10

4X25 kick 10m+ UW @ 0:40

4X75 (50 choice/25 free) @ 1:30

6X50 drill odd: free @ 1:20 even: stroke @ 1:10

4X50 DPS @ 1:00

Pre-Set - 550 (this can be choice of stroke and should be fast)

6X25 @ 0:30

3X50 @ 1:00

2X75 @ 1:40

1X100 @ 2:00

Main Set - 1700

4X100 IM @ 1:40

2X50 fly/bk @ 1:10

3X100 IM @ 1:40

2X50 bk/br @ 1:10

2X100 IM @ 1:40

2X50 br/fr @ 1:10

200 IM

2X50 fast @ 1:00

4X50 eZ

Games last 30 min

Total: 3650

Practice 1

Warm Up - 1000

300 free

200 free

4X50 kick @ 1:10

4X25 kick 10m+ UW @ 0:40

4X50 (25 choice/25 free) @ 1:30

6X50 drill odd: free @ 1:20 even: stroke @ 1:10

Pre-Set - 550 (this can be choice of stroke and should be fast)

6X25 @ 0:30

3X50 @ 1:00

2X75 @ 1:40

1X100 @ 2:00

Main Set - 1000

2X100 IM @ 1:40

2X50 fly/bk @ 1:10

2X100 IM @ 1:40

2X50 bk/br @ 1:10

2X100 IM @ 1:40

2X50 br/fr @ 1:10

2X50 fast @ 1:00

Games last 30 min

Total: 2550