

# Monday 12/12

Monday, December 12, 2022

1:19 PM

## Practice 1

### Warm Up - 1700

300 swim

4X50 IMO @ 1:00

3X50 exchanges @ 1:00

200 pull

3X3X50 decrease stroke count @ 1:00 rotate stroke

4X50 @ 1:00

4X50 @ 0:55

### 4 Times IMO Through - 1800

4X50 mf @ 1:00

4X25 Kick on back @ 0:30

2X25 Long UW into Sprint @ 0:40

100 eZ

2X200 DPS @ 3:00

100 eZ

2X200 DPS @ 3:00

200eZ

Total: 4600

## Practice 1

### Warm Up - 1100

200 swim

4X50 IMO @ 1:00

200 pull

2X3X50 decrease stroke count @ 1:00 rotate stroke

4X50 @ 1:00 kick

4 Times IMO Through - 1400

2X50 mf @ 1:00

4X25 Kick on back @ 0:30

2X25 Long UW into Sprint @ 0:40

100 eZ

2X200 DPS @ 3:00

200eZ

Total: 3100