

Monday 2/6

Monday, February 6, 2023

12:41 PM

Practice 1

4X250 @ 4:00

1: free

2: kick

3: pull

4: IM 25-50-75-100

3 Times Through

3X100 threshold @ 1:30 or 1:40

30 sec rest

4X25 b.c. (2,2,1,1) @ 0:40

4X25 stroke sprint @ 0:30

1 min rest

400, 300, 200, 100 @ 1:30

200, 150, 100, 50 @ 1:20 pace

4X50 kick @ 1:10

4X50 eZ @ 1:00

Total: 4400