

Sunday 10/16

Sunday, October 16, 2022

5:23 PM

Practice 1

Warm Up - 1200

300 free

4X50 social kick @ 1:20

4X75 bk/br/fr @ 1:30

4X50 stroke drill @ 1:10

4X25 v-sprint fly @ 0:40

4X25 free v-sprint @ 0:40

Pre-Set - 1400

4X75 build @ 1:20

4X50 @ 1:00 good breakouts

4X100 @ 1:30 threshold

4X50 @ 1:10 fast (hold last 50 of 200 split)

4X25 Sprint OTB + Flip @ 0:45

4X50 eZ @ 1:00

Main Set - 1000

10X100 @ 3:00 odd: free even: choice

(split lane into 2 with each group going every 1:30)

4X75 eZ @ 1:20

Total: 3900

Practice 2

Warm Up - 900

300 free

4X50 social kick @ 1:20

4X50 IMO @ 1:10

4X25 stroke drill @ 0:45

4X25 free v-sprint @ 0:40

Pre-Set - 1100

4X75 build @ 1:20

4X25 @ 0:40 good breakouts

2X100 @ 1:45 threshold

4X50 @ 1:20 fast (hold last 50 of 200 split)

4X25 Sprint OTB + Flip @ 0:45

4X50 eZ @ 1:00

Main Set - 800

8X100 @ 3:00 odd: free even: choice

(split lane into 2 with each group going every 1:30)

4X50 eZ @ 1:30

Total: 3100