

Sunday 10/9

Sunday, October 9, 2022

4:36 PM

Practice 1

Warm Up - 1050

200 free

6X75 kick/drill/swim

4X50 IMO

8X25 v-sprint

Stretch Out - 1000

5X100 @ 1:40 50 medium-fast/50 ez

4X75 @ 1:15 (50 stroke/25 free)

4X50 DPS @ 1:00

Main Set (3 times through) - 450

4X25 free all out @ 0:40

1X50 eZ @ 1:15

4X25 Sprint + Flip Starts

4X50 eZ

Games

Total: 2800

Practice 2

Warm Up - 1050

200 free

6X75 kick/drill/swim

4X50 IMO

8X25 v-sprint

Stretch Out - 1000

5X100 @ 1:40 50 medium-fast/50 ez

4X75 @ 1:15 (50 stroke/25 free)

4X50 DPS @ 1:00

Main Set -1700

5X100 Step-Ups OTB @ 4:00

200 eZ

4X75 25 free speed/25 medium fast/25 eZ

4X50 @ 1:20 25+breakout all out and rest is eZ

4X50 eZ @ 1:00

4X25 Sprint + Flip @ 0:45

4X50 eZ @ 1:00

Total: 3750