

Sunday 11/6

Saturday, November 5, 2022

9:16 PM

Practice 1

Warm Up - 1250

200 free

4X50 pull @ 1:00

5X50 kick @ 1:05

4X50 drill @ 1:00

4X50 DPS @ 1:00

2X4X25 v-sprint 1: free 2: stroke @ 0:40

Pre-Set - 600

150 mf @ 2:10

50 fast @ 1:00

100 mf @ 1:40

100 fast @ 2:10

50 mf @ 1:00

150 fast @ 2:30

Do Regionals Races OTB and Visualize

Main Set -1350

5X100 @ 1:40 500p

6X50 @ 1:10 200p

8X25 @ 0:45 100p

100eZ

3X50 Work Underwaters @ 1:15 200p

4X25 No Breath AFAP @ 0:45

3X50 kick @ 1:20

3X50 swim @ 1:10

Total: 3500 + Events

Practice 2

Warm Up - 1050

200 free

5X50 kick @ 1:20

4X50 drill @ 1:10

4X50 DPS @ 1:10

2X4X25 v-sprint 1: free 2: stroke @ 0:45

Pre-Set - 400

100 mf @ 1:50

50 fast @ 1:15

50 mf @ 1:00

50 fast @ 1:15

50 mf @ 1:00

100 fast @ 2:30

Do Regionals Races OTB and Visualize

Main Set -1150

4X100 @ 2:20 500p

4X50 @ 1:25 200p

8X25 @ 0:55 100p

100eZ

3X50 Work Underwaters @ 1:30 200p

4X25 No Breath AFAP @ 0:50

3X50 kick @ 1:20

3X50 swim @ 1:10

Total: 2700 + Events