

# Sunday 12/11

Sunday, December 11, 2022

7:00 PM

## Practice 1

### Warm Up - 1150

4X75 @ 1:10 (50 free/25nf)

6X25 UWDK @ 0:40

3X100 pull @ 1:40

8X50 @ 1:00 odd: drill even: stroke

### 2 Times Through - 1000

2X100 @ 1:30

4X50 kick @ 1:00

4X25 fast @ 0:30

1 min rest

## Nationals Relay

4X50 Free Relay

50 Back

100 Fly

50 Breast

100 Free

100IM

4X50 Free Relay

T-Shirt Relay

Games