

# Sunday 1/29

Sunday, January 29, 2023

6:03 PM

## Warm Up - 1000

200 free

4X50 kick @ 1:05

4X25 drill @ 0:40

3X100 1: mf free 2: IM 3: choice

2X4X25 v-sprint 1: free 2: choice

## Practice

### Pre Set - 1150

16X25 IMO working long breakouts @ 0:40

8X50 pull 1-4: choice 5-8: free

4X50 drill @ 1:00

6X25 DPS @ 0:30

### Main Set - 1800

3X200 @ 2:45

2X200 IM (5 sec at each 50) @ 3:20

2X200 fast (5 sec at each 50) @ 3:15

2X200 IM (5 seconds work exchanges) @ 3:20