

Sunday 9/25 Practice

Wednesday, May 11, 2022 10:21 PM

Warm Up

300 free

3X100 IM @ 2:00

4X50 free @ 1:00 (15 fast/35 medium)

4X50 drill @ 1:15

4X25 v-sprint

Main Set

(Do this 3 times through and try hitting goal time)

6X25 @ 0:30

4X50 @ 1:00

2X75 @ 1:40

1X100 @ 2:00

200 eZ

Goal Time Conversion

100 free PR + 10 seconds

Ex: 1:00 PR 100 Free

25 Goal Time: 17.5

50 Goal Time: 35

75 Goal Time: 52.5

100 Goal Time: 1:10

Post Set

5X50 Breath Control

1: 6 breaths, 2: 5 breaths, etc.

200 eZ

Total: 3850 yards

