

Thursday 11/3

Friday, November 4, 2022 2:35 PM

Practice 1

300 free

4X50 drill @ 1:10

6X50 kick @ 1:05

4X25 v-sprint @ 0:35

4X50 pull choice @ 1:00

4X25 UW Kick 10+m @ 0:40

4X50 DPS Choice @ 1:00

3X100 IM Rotate fast 50 @ 2:00

2 Times Through

5X100 @ 1:30 or 1:40

4X25 DPS @ 0:40

6X50 @ 0:40 or 0:45

100 eZ

2X200 1:mf 2: fast @ 3:15

Practice 2

300 free

4X50 drill @ 1:15

6X50 kick @ 1:15

4X25 v-sprint @ 0:45

4X50 pull choice @ 1:10

4X25 UW Kick 10+m @ 0:50

3X100 IM Rotate fast 50 @ 2:20

2 Times Through

3X100 @ 1:45 or 2:00

4X25 DPS @ 0:45

6X50 @ 0:50 or 0:55

100 eZ

1X200 fast