

Thursday 12/1

Thursday, December 1, 2022 7:00 PM

Practice 1

Warm Up - 1450

300 swim

200 pull

15X50 @ 1:00

1-5: drill 6-10: kick 11-15 non free

8X25 v-sprint @ 0:40

Pre-Set (2 Times Through) - 1000

4X75 choice (50f/25eZ) @ 1:40

4X25 sprint choice (work UW) @ 0:40

1 min

2X50 fast

Main Set - 1900

3X200 @ 2:50

1X200 @ 2:35

2X200 @ 2:50

1X200 @ 2:30

8X50 choice @ 0:45: stroke 0:40 free

1 min

2X50 all out

Practice 2

Warm Up - 1200

200 swim

2X100 pull @ 2:00

12X50 @ 1:15

1-4: drill 5-8: kick 9-12 non free

8X25 v-sprint @ 0:45

Pre-Set (2 Times Through) - 1000

4X75 choice (50f/25e7) @ 1:40

4X25 sprint choice (work UW) @ 0:40
1 min
2X50 fast

Main Set - 1100

2X200 @ 3:20
1X200 @ 2:50
8X50 choice @ 1:00: stroke 0:55 free
1 min
2X50 all out