

# Thursday 1/26

Thursday, January 26, 2023

4:46 PM

## Practice 1

### Warm Up - 900

200 free

6X75 kick/drill/swim @ 1:30

4X50 IMO @ 1:00

8X25 v-sprint @ 0:40

Starts

### Pre Set (2 Times Through) - 1900

4x75 (50stroke/25free) @ 1:30

6X25 stroke drill @ 0:40

3X100 IM @ 2:00

50 eZ

3X50 stroke fast @ 1:00

## Main Set - 1000

4X100 odd: mf-free even: fast stroke @ 2:00

100 stretch out @ 2:30

4X50 threshold @ 0:45

4X50 threshold @ 0:40

4X50 eZ

Total: 3900

## Practice 2

### Warm Up - 800

200 free

4X75 kick/drill/swim @ 1:45

4X50 IMO @ 1:15

8X25 v-sprint @ 0:45

### Pre Set (2 Times Through) - 1400

4x75 (50stroke/25free) @ 1:45

6X25 stroke drill @ 0:45

2X100 IM @ 2:20

50 eZ

Main Set - 1000

4X100 odd: mf-free even: fast stroke @ 2:20

100 stretch out @ 2:30

4X50 threshold @ 0:50

4X50 eZ

Total: 3200