

Thursday 2/2

Thursday, February 2, 2023

5:59 PM

Practice 1

Warm Up - 1400

300 swim

6X50 kick @ 1:00

6X25 drill @ 0:40

3X50 exchanges @ 1:00

4X50 free DPS @ 1:00

4X25 stroke DPS @ 0:40

2X4X25 v-sprint @ 0:40 1-4: stroke 5-8: free @ 0:40

Relay Exchanges/Starts

Pre Set (1 min after each round) - 900

6X75 build each 75 @ 1:30

4X50 build to sprint last 50 @ 1:00

5X25 build to sprint last 25 @ 0:40

5X25 build to sprint last 25(other stroke) @ 0:40

Main Set (1 min after each round of 100s) - 1500

3X100 @ 1:30 (get within 20 sec of pb)

3X100 @ 1:30 (get within 18 sec of pb)

3X100 @ 1:40 (get within 16 sec of pb)

3X100 @ 1:50 (get within 14 sec of pb)

3X100 @ 2:00 (get within 12 sec of pb)

100 eZ

Total: 4000

Practice 2

Warm Up - 1200

300 swim

4X50 kick @ 1:10

6X25 drill @ 0:40
3X50 exchanges @ 1:10
8X25 DPS @ 0:40
2X4X25 v-sprint @ 0:40 1-4: stroke 5-8: free @ 0:40
Relay Exchanges/Starts

Pre Set (1 min after each round) - 750

4X75 build each 75 @ 1:40
4X50 build to sprint last 50 @ 1:10
5X25 build to sprint last 25 @ 0:45
5X25 build to sprint last 25(other stroke) @ 0:45

Main Set (1 min after each round of 100s) - 1200

3X100 @ 1:40 (get within 18 sec of pb)
3X100 @ 1:50 (get within 16 sec of pb)
3X100 @ 2:00 (get within 14 sec of pb)
3X100 @ 2:00 (get within 12 sec of pb)

100 eZ

Total: 3050