

# Wednesday 10/12

Wednesday, October 12, 2022 1:33 PM

## Practice 1

### Warm Up - 1300

200 free

4X75 kick/drill/swim @ 1:20

4X50 kick @ 1:00

4X25 kick 10m+ UW @ 0:40

6X50 drill odd: free even: stroke @ 1:10

4X50 DPS @ 1:00

### Pre-Set - 600

6X50 free (20 HVO, 30 eZ) @ 1:00

6X50 stroke (20 HVO, 30 eZ) @ 1:15

### Main Set - 2100

10X100 Build @ 1:30 (eZ - m - mf - all out)

100 eZ @ 2:30

5X100 descend 5 sec @ 1:45

5X100 descend 5 sec @ 1:45

### Kick Set - 750

10X75 kick @ 1:20

Total: 4750

HVO = high velocity over load (sprint 20m then cruise in)

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## Practice 1

### Warm Up - 800

200 free

4X50 kick @ 1:00

4X25 kick 10m+ UW @ 0:40  
6X50 drill odd: free even: stroke

Pre-Set - 600

6X50 free (20 HVO, 30 eZ) @ 1:00  
6X50 stroke (20 HVO, 30 eZ) @ 1:15

Main Set - 1400

8X100 Build @ 1:30 (eZ - m - mf - all out)  
100 eZ @ 2:30  
5X100 descend 5 sec @ 1:45

Kick Set - 450

6X75 kick @ 1:40

Total: 3250