

# Wednesday 11/16

Wednesday, November 16, 2022 1:30 PM

## Practice 1

### Warm Up- 1050

300 swim

3X50 drill: free: fingertip drag breast: 2 fly 2 breast @ 1:05

4X75 kick/drill/swim @ 1:25

4X25 UWDK 12.5m @ 0:35

2X100 build @ 2:00

### Pre-Set - 1100

2X4X50 IMO @ 1:00

4X25 GOLF @ 0:40

4X50 @ 1:00 good breakouts and turns

4X100 IM @ 1:50

### Pre Set (1 min rest after each set) - 2000

5X100 @ 1:25 or 1:30

2X25 AFAP @ 0:40

4X100 @ 1:20 or 1:25

4X25 AFAP @ 0:40

3X100 @ 1:15 or 1:20

6X25 AFAP @ 0:40

2X100 @ 1:10 or 1:15

4X75 eZ @ 1:30

Total: 4150

## Practice 1

### Warm Up- 750

300 swim

3X50 drill: free: fingertip drag breast: 2 fly 2 breast @ 1:05

4X75 kick/drill/swim @ 1:25

Pre-Set - 700

4X50 IMO @ 1:00

4X25 GOLF @ 0:40

4X50 @ 1:00 good breakouts and turns

2X100 IM @ 1:50

Pre Set (1 min rest after each set) - 1500

4X100 @ 1:25 or 1:30

2X25 AFAP @ 0:40

3X100 @ 1:20 or 1:25

2X25 AFAP @ 0:40

2X100 @ 1:15 or 1:20

4X25 AFAP @ 0:40

1X100 @ 1:10 or 1:15

4X75 eZ @ 1:30

Total: 2950