

Wednesday 1/25

Wednesday, January 25, 2023

9:55 AM

Practice 1

Warm Up - 1000

200 free

6X50 kick @ 1:00

4X50 IMO @ 1:00

2X100 pull @ 1:50

200 swim

Pre Set (3 rounds) - 1500

6X25 DPS fast @ 0:40

3X50 @ 0:50 200p

100 eZ @ 1:30

50 AFAP @ 1:15

50 eZ @ 1:30

Main Set - 1200

4X100 (50f/50eZ) @ 2:00

4X100 mf @ 1:40

1 min rest

4X50 (25f/25eZ) @ 1:00

1min rest

2X100 @ 1:30

Practice 2

Warm Up - 800

2X100 free @ 2:00

6X50 kick @ 1:10

4X50 IMO @ 1:10

2X100 pull @ 2:00

Pre Set (3 rounds) - 1200

6X25 DPS fast @ 0:40

3X50 @ 0:50 200p

100 eZ @ 1:30

Main Set - 1000

4X75 (50f/25eZ) @ 2:15

4X100 mf @ 2:00

1 min rest

2X100 @ 1:40