

# Wednesday 2/1

Wednesday, February 1, 2023

12:54 PM

## Practice 1

### Warm Up - 1050

200 kick

200 swim

200 pull

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

6X25 drill @ 0:40

4X25 v-sp @ 0:40

1 Start

### Pre Set - 1250

3X3X50 stroke (1+2 fast, 3 eZ) @ 1:10

1 min

4X150 (odd: fast even: eZ) @ 2:30

1 min

8X25 stroke all out @ 0:45

### Main Set - 1800

5X100 IM @ 1:45

4X50 (25 drill/25swim) @ 1:00

3X200 (100 mf free/100 stroke) @ 3:10

3X100 free @ 1:30 or faster

4X50 eZ

Total: 4100

## Practice 2

### Warm Up - 650

100 kick

200 swim

100 pull

6X25 drill @ 0:40

4X25 v-sp @ 0:40

1 Start

Pre Set - 950

3X3X50 stroke (1+2 fast, 3 eZ) @ 1:20

1 min

3X100 (odd: fast even: eZ) @ 1:45

1 min

8X25 stroke fast @ 0:45

Main Set - 1400

3X100 IM @ 2:00

4X50 (25 drill/25swim) @ 1:00

4X100 (50 mf free/50 stroke) @ 1:50

3X100 free @ 1:40

4X50 eZ

Total: 3000