

Wednesday 2/8

Wednesday, February 8, 2023

9:58 AM

Practice 1

Warm Up - 1200

300 swim

4X75 kick @ 1:30

200 pull

4X50 IMO @ 1:00

4X50 v-sprint @ 1:00

Pre Set - 1250

5X100 free (50medium, 5 sec. 25 fast, 5 sec. 25 fast) @ 2:00

4X25 Work Breakouts @ 0:40

4X50 DPS @ 1:00

3X50 fast the middle 25 to work turns @ 1:00

3X100 stroke (50medium, 5 sec. 25 fast, 5 sec. 25 fast) @ 2:15

Main Set - 1550

5X150 (100 mf free 5 sec. 50 fast choice) @ 2:30

100eZ

7X100 aerobic @ 1:40 or 1:30

4X50 eZ @ 1:00

Total: 4200

Practice 2

Warm Up - 1200

300 swim

4X75 kick @ 1:50

200 pull

4X50 IMO @ 1:10

4X50 v-sprint @ 1:10

Pre Set - 950

5X100 choice(50medium, 5 sec. 25 fast, 5 sec. 25 fast) @ 2:20

4X25 Work Breakouts @ 0:45

4X50 DPS @ 1:10

3X50 fast the middle 25 to work turns @ 1:00

Main Set - 1000

3X3X100 (50 mf free 5 sec. 50 fast IMO or choice) @ 2:00

100eZ

4X50 eZ @ 1:00

Total: 3350