

Thursday 9/28 Practice

Wednesday, September 28, 2022 6:59 PM

Practice 1

4X100 swim @ 2:00

4X50 kick @ 1:00

4X50 IMO @ 1:00

4X75 free @ 1:00 threshold

2 Times Through

3X100 DPS @ 1:50

4X25 UW 10+ m @ 0:40

8X50 threshold @ 0:45

8X50 threshold @ 0:40

100 eZ

5X100 threshold @ 1:30

5X100 threshold @ 1:25

3 minutes rest

4X150 free fast trying to beat PR 200 free @ 3:00

Cool Down

6X50 @ 0:50

4X50 kick @ 1:15

Practice 1

2X100 swim @ 3:00

4X50 kick @ 1:15

4X50 IMO @ 1:15

4X75 free @ 1:20 threshold

2 Times Through

4X50 DPS @ 1:10

4X25 UW 10+ m @ 0:45

8X50 threshold @ 0:50

6X50 threshold @ 0:45

100 eZ

4X100 threshold @ 1:45

4X100 threshold @ 1:40

3 minutes rest

3X150 free fast trying to beat PR 200 free @ 3:30

Cool Down

6X50 @ 0:50

4X50 kick @ 1:15