

Monday, November 25:

Warmup (1000 yards)

200 SKIPS (swim, kick, IM, pull, swim)

Main Set (1100 yards)

2x200 free JMI @2:45/3:15

4x100 moderate DPS @2:00

6x50 at 200 pace @1:20

Pick one of the following:

2 rounds (sprint option, 1000 yards):

4x50 choice drill @1:00

4x25 stroke at 90% max effort @0:45

2x50 at 100 race pace @1:00

or...

2 rounds (mid distance, 1200 yards):

4x100 at 500 pace @2:00

1x200 at 90% max effort

Warm Down (200 yards)

4x50 easy swim

Or... skip entire practice and do a timed 4000 IM

No Practice Wednesday, 11/27 or Thursday, 11/28 (Thanksgiving)