

Monday 10/3

Monday, October 3, 2022

3:12 PM

Practice 1

Warm Up - 1000

200 free

2X100 IM @ 2:00

4X50 free @ 1:00 (15 fast/35 medium)

4X50 drill @ 1:15

4X50 threshold @ 0:45 -- too fast, make them either on 0:50 or say 1:00 but be sure to have threshold

Main Set (3 times through) - 3300

4X100 @ 1:30

2X150 @ 2:30 100f/50eZ

4X50 @ 0:40

4X50 fast @ 1:15

2 minute break

Post Set - 300

4X75 smooth with good form @ 1:20

Total: 4600

Practice 2

Warm Up - 800

200 free

2X100 IM @ 2:30

4X50 drill @ 1:15

4X50 threshold @ 0:50

Main Set (3 times through) - 2850

3X100 @ 1:40

2X150 @ 2:45 100f/50eZ

4X50 @ 0:45

3X50 fast @ 1:30

2 minute break

Post Set - 300

4X75 smooth with good form @ 1:20

Total: 3950

