

# Monday 11/14 Practice

Monday, November 14, 2022

1:28 PM

## Practice 1

### Warm Up - 1350

300 free

200 pull

4X50 kick @ 1:00

200 IM

6X75 kick/drill/swim @ 1:20

### 2 Times Though - 1200

4X50 threshold @ 0:40

3X50 DPS @ 1:00

2X50 free with balled fist @ 1:00

2X25 drill @ 0:40

1X100 eZ

### Main Set - 900

8X100 @ 2:00

Odd: choice Even: IM

2X50 eZ

Total: 3450

## Practice 1

### Warm Up - 850

200 free

3X50 pull @ 1:05

4X50 kick @ 1:15

2X100 IM

### 2 Times Though - 1100

3X50 threshold @ 0:50

2X50 DPS @ 1:10

2X50 free with balled fist @ 1:15

2X25 drill @ 0:45

1X100 eZ

Main Set - 700

6X100 @ 2:20

Odd: choice Even: IM

2X50 eZ

Total: 2650