

Monday 11/28

Monday, November 28, 2022

1:26 PM

Practice 1

Warm Up - 1400

300 swim

3X100 kick @ 2:10

4X50 drill @ 1:10

4X50 stroke @ 1:00

16X25 v-sprint IMO @ 0:40

Main Set

201 set for 50s starting at 1:00

Post Set - 1400

4X100 build @ 1:45

4X75 25swim/25kick/25drill@ 1:00

4X50 b.c. @ 1:00 (4,3,3,2)

4X25 fast @ 1:00

4X50 eZ swim

4X50 eZ kick

Practice 1

Warm Up - 1200

200 swim

2X100 kick @ 2:30

4X50 drill @ 1:20

4X50 stroke @ 1:15

16X25 v-sprint IMO @ 0:50

Main Set

101 set for 50s starting at 1:00

Post Set - 1200

3X100 build @ 2:00

3X75 25swim/25kick/25drill@ 1:20

3X50 b.c. @ 1:00 (4,3,3,2)

3X25 fast @ 1:00

4X50 eZ swim

4X50 eZ kick