

# Monday 11/7

Monday, November 7, 2022

3:44 PM

## Practice 1

### Warm Up - 1200

200 SKIPS

4X25 sprint free @ 0:45

4X25 sprint stroke @ 0:45

### Main Set (2 rounds) - 950

6X25 DPS fast @ 0:40

3X50 @ 0:50 200p odd: fast even: smooth

50 eZ @ 1:30

75 AFAP @ 1:15

50 eZ @ 1:30

### 2 Times Through - 1100

4X100 Choice @ 2:00 (add 25 fast each 100)

2X75 drill choice @ 1:40

4X50 eZ

Total: 3450

## Practice 2

### Warm Up - 1200

200 SKIPS

4X50 BC @ 1:05 (4,4,3,2)

### Main Set - 1650 (follow each with a 50)

4X150 (100f/50eZ) @ 2:10

3X200 odd: fast even: eZ @ 2:45

3X100 odd: fast even: eZ @ 1:40

### 2 Times Through - 900

3X100 Choice @ 2:00 (add 25 fast each 100)

2X75 drill choice @ 1:40

4X50 eZ

Total: 3950