

Monday 1/30

Monday, January 30, 2023

10:14 AM

Practice 1

Warm Up - 1650

300 swim

200 non-free

6X50 kick @ 1:00

4X25 drill @ 0:40

3X50 (25f/25eZ) kick @ 1:10

4X50 IMO drill @ 1:05

4X50 IMO fast/eZ @ 1:00

4X50 v-sprint @ 1:00

Main Set - 2200

2X150 swim @ 2:10

4X100 stroke threshold @ 1:45 or faster

2X150 swim @ 2:10

4X75 stroke slow/med/fast @ 1:15

2X150 swim @ 2:10

4X50 stroke fast/eZ @ 0:50

2X150 swim @ 2:10

4X25 stroke all out @ 0:40

4X50 eZ

Total: 4050

Practice 2

Warm Up - 1250

300 swim

200 non-free

4X50 kick @ 1:10

4X25 drill @ 0:45

3X50 (25f/25eZ) kick @ 1:15

4X50 IMO drill @ 1:15

4X25 v-sprint @ 0:40

Main Set - 1900

4X100 stroke threshold @ 1:55 or faster

2X150 swim @ 2:30

4X75 stroke slow/med/fast @ 1:30

2X150 swim @ 2:30

4X50 stroke fast/eZ @ 1:00

2X150 swim @ 2:30

4X25 stroke all out @ 0:45

4X50 eZ

Total: 3350