

# Monday 9/26 Practice

Tuesday, September 27, 2022 10:18 AM

## Practice 1

200 SKIPS

4X50 drill stroke @ 1:15

4X50 drill free @ 1:00

## 2 Times Through

4X50 GOLF @ 1:00

4X25 fast @ 0:40

1X75 cruise @ 1:40

## 3 Times Through

3X50 @ 1:00 (IM Exchanges)

2X75 @ 1:30 (1: 25 fly/50 bk 2: 25 br/50free)

2X100 free @ 1:40

(1st set: 3X100 IM, 2nd set: 2X100 IM, 3rd set: 1X100 IM)

6X25 medium @ 0:30

3X50 eZ @ 1:00

Total: 4550

## Practice 2

200 SKIPS

4X50 drill @ 1:15

## 2 Times Through

4X50 GOLF @ 1:10

4X25 fast @ 0:40

1X75 cruise @ 2:00

## 3 Times Through

3X50 @ 1:10 (IM Exchanges)

4X50 IMO @ 1:15

1X100 free @ 2:00

4X25 IMO @ 0:40

6X25 medium @ 0:30

3X50 eZ @ 1:00

Total: 3900