

Sunday 10/23

Sunday, October 23, 2022

5:41 PM

Practice 1

Warm Up - 1100

300 free

2X100 IM @ 2:15

4X50 kick @ 1:15

4X50 stroke @ 1:00

8X25 V-sprint @ 0:35

Practice Dives

Test Set

Do 2 events doing 50s first

Technique Work

Cool Down Set - 1700

1X200 (stretch out) @ 3:20

4x150 (100k/50swim) @ 2:40

6x100 (50mf/50eZ) @ 1:50

4x50 DPS choice @ 1:15

4X100 Build to fast

1 min