

Sunday 10/2

Sunday, October 2, 2022

6:38 PM

Warm Up

300 eZ

4X50 drill @ 1:00

4X75 @ 1:20 kick/swim/drill

4X25 V-sprint @ 0:30

Pre-Set

Starts

4X4X50 Relays (2 medley and 2 free)

Any individual events that people want timed

4X75 Rotating IM @ 1:30

4X50 DPS @ 1:00

4X25 UW to 10m AFAP @ 0:40

Main Set 1 (4 rounds)

6X25 DPS fast @ 0:40

3X50 @ 0:50 200p

100 eZ @ 1:30

75 AFAP @ 1:15

75 eZ @ 1:30

Optional Set

4X100 @ 2:00 AFAP

4X50 @ 1:30 AFAP Stroke

4X50 eZ Cool Down @ 1:00