

Sunday 10/30

Sunday, October 30, 2022

5:54 PM

Practice 1

Warm Up - 1100

200 free

2X100 IM @ 2:00

6X50 kick @ 1:00

4X50 drill @ 1:15

4X50 v-sprint @ 1:00

Pre-Set (all stroke of choice 2X through) - 1000

2X100 kick @ 1:45

2X75 DPS @ 1:20

2X50 drill @ 1:00

2X25 fast @ 0:40

Main Set - 1800

10X100 Choice @ 1:30 or 1:40

3X200 @ 3:00 1. Free 2. IM 3. Choice

Break

200 fast OTB @ 4:30

4X75 eZ

Total: 4200

Practice 1

Warm Up - 1100

200 free

2X100 IM @ 2:00

6X50 kick @ 1:00

4X50 drill @ 1:15

4X50 v-sprint @ 1:00

Pre-Set (all stroke of choice 2X through) - 1000

2X100 kick @ 1:45

2X75 DPS @ 1:20

2X50 drill @ 1:00

2X25 fast @ 0:40

Main Set 1 (2 rounds) - 1200

6X25 DPS fast @ 0:40

3X50 @ 0:50 200p

100 eZ @ 1:30

100 OTB@ 1:15

100 eZ @ 1:30

4X75 eZ

Total: 3600