

Sunday 11/27

Sunday, November 27, 2022

6:10 PM

Practice 1

300 free

2X100 IM @ 2:15

4X50 kick @ 1:15

4X50 stroke @ 1:00

8X25 V-sprint @ 0:35

6X25 fast kick w/ 10 sec rest

3X50 fast kick w/ 20 sec rest

2X75 fast kick w/ 30 sec rest

100f 30sec rest 50f 30 sec rest

150 fast

2 Times Through - 1100

4X50 stroke @ 1:10

4X25 drill @ 0:30

2X100 IM or stroke @ 1:40 medium fast

50 eZ

200 IM (25 stroke/25free)

Games

Practice 1

300 free

2X100 IM @ 2:15

4X50 kick @ 1:15

4X50 stroke @ 1:00

8X25 V-sprint @ 0:35

6X25 fast kick w/ 10 sec rest

3X50 fast kick w/ 20 sec rest

2X75 fast kick w/ 30 sec rest

100f 30sec rest 50f 30 sec rest
150 fast

2 Times Through - 1100

4X50 stroke @ 1:10

4X25 drill @ 0:30

2X100 IM or stroke @ 1:40 medium fast

50 eZ

200 IM (25 stroke/25free)

Games