

# Sunday 12/4

Sunday, December 4, 2022

4:32 PM

## Practice 1

### Warm Up - 1000

200 free

4X50 social kick @ 1:05

4X50 (25eZ/25f) @ 0:50

4X50 drill @ 1:05

2X4X25 IMO Fast @ 0:35

4X100 kick @ 2:00

4X100 odd: IM even: free 1:45

4X50 kick @ 1:00

4X50 choice @ 0:50

6X25 fast kick @ 0:30

4X75 50 stroke DPS/25free@ 1:20

2X50 stroke fast @ 1:00

1X50 eZ @ 1:00

4X75 25 stroke DPS/50 free @ 1:20

2X50 stroke fast @ 1:00

1X50 eZ @ 1:00

Games