

Sunday 2/5

Sunday, February 5, 2023

9:38 AM

Practice 1

Warm Up - 1000

3X100 @ 1:50

4X75 kick @ 1:30

4X50 IMO @ 1:00

200 pull

Pre Set - 1100

4X25 UWDK 15+ m @ 0:40

6X50 @ 1:10 (25 drill/25 swim w/ good form)

8X50 kick (3f/1eZ) @ 1:00

3X50 stroke pull @ 1:10

3X50 stroke @ 1:00

Main Set - 700

2X4X50 breath control (5,4,3,2) @ 0:50

2X150 descend by 50 @ 2:30

Games

Total: 2800

Practice 2

Warm Up - 1000

3X100 @ 2:05

4X75 kick @ 1:40

4X50 IMO @ 1:10

200 pull

Pre Set - 850

4X25 UWDK 15+ m @ 0:45

6X50 @ 1:10 (25 drill/25 swim w/ good form)

6X50 kick (2f/1eZ) @ 1:15

3X50 stroke @ 1:10

Main Set - 600

2X3X50 breath control (5,4,3) @ 1:05

2X150 descend by 50 @ 2:45

Games

Total: 2450