

Thursday 10/13

Thursday, October 13, 2022

4:08 PM

Practice 1

Warm Up - 900

200 free

100 stroke

100 free

100 IM

4X50 drill stroke (1-2: 3-2-1 count breaststroke, 3-4: 1 pull 2 kicks)

8X25 odds: break out even: finishes

Pre-Set - 900

5X50 free @ 0:50

4X50 free kick @ 1:00

1 min rest

5X50 stroke @ 1:00

4X50 stroke kick @ 1:00

Main Set - 4 Times Through - 1800

Round 1: Free

Round 2: Stroke

Round 3: IM

Round 4: Choice

4X50 @ 1:15 (1: 50 kick, 2: 25 fast/25eZ, 3: 25eZ/25 fast, 4: 50 fast)

**Anything that doesn't say kick is to be swam

2X100 @ 1:45 (try to get in around PR + 15 sec.)

2X25 fast @ 0:40

Post-Set - 200

2X50 free dive from side trying to simulate first 50 of a 200

2X50 stroke/IM dive from side trying to simulate first 50 of a 200

4X50 eZ @ 1:00

Total: 4000

Practice 2

Warm Up - 900

200 free

100 stroke

100 free

100 IM

4X50 drill breaststroke (1-2: 3-2-1 count breaststroke, 3-4: 1 pull 2 kicks)

8X25 odds: break out even: finishes

Pre-Set - 900

5X50 free @ 0:50

4X50 free kick @ 1:00

1 min rest

5X50 breast @ 1:00

4X50 breast kick @ 1:00

Main Set - 4 Times Through - 800

Round 1: Free

Round 2: Breast

Round 3: IM

Round 4: Choice

4X50 @ 1:15 (1: 50 kick, 2: 25 fast/25eZ, 3: 25eZ/25 fast, 4: 50 fast)

**Anything that doesn't say kick is to be swam

Post-Set - 200

2X50 free dive from side trying to hold 26 or 27 and simulate first 50 of a 200

2X50 breast dive from side trying to hold 32 or 33 and simulate first 50 of a 200

4X50 eZ @ 1:00

Total: 3000

