

Thursday 10/20

Thursday, October 20, 2022 7:16 PM

Practice 1

Warm Up - 1000

200 free

4X50 kick @ 1:05

6X25 stroke @ 0:40 great breakouts

4X50 (drill/swim) @ 1:10

5X50 descend to 500p @ 1:00

Pre-Set - 1225

3X75 @ 1:30 (50 stroke kick/25 stroke)

3X50 DPS @ 1:00

6X25 BLAST (15f/10eZ) @ 1:00

2X200 FRIM @ 3:00

2X150 (100 free/50 stroke) @ 2:10

Main Set - 1600 (2 Times Through)

Round 1: free Round 2: choice

4X100 @ 2:45

1. 25f/75eZ 2. 50f/50eZ

3. 75f/25eZ 4. All fast

6X50 @ 1:30

1-3: 25f/25eZ 4-6: All fast

100eZ

Total: 3825