

Thursday 10/27

Thursday, October 27, 2022

3:06 PM

Practice 1

Warm Up - 1200

300 free

4X50 social kick @ 1:05

4X75 bk/br/fr @ 1:20

4X50 stroke drill @ 1:05

4X25 v-sprint fly @ 0:40

4X25 free v-sprint @ 0:40

Main Set - 1600

4X75 fast @ 1:25

4X25 eZ @ 0:30

6X50 fast @ 1:00

4X25 eZ @ 0:30

4X50 fast @ 1:00

4X25 eZ @ 0:30

8X25 fast @ 0:40

4X25 eZ @ 0:30

200 fast

Post Set - 1200

4X75 kick @ 1:30

4X50 swim @ 1:00

4X75 kick @ 1:25

3X50 swim @ 0:50

2X75 kick @ 1:20

2X50 swim @ 0:40

4X50 eZ

Total: 4200

Practice 2

Warm Up - 900

300 free

4X50 social kick @ 1:15

4X50 stroke drill @ 1:15

4X25 v-sprint fly @ 0:45

4X25 free v-sprint @ 0:40

Main Set - 1300

4X75 fast @ 1:40

4X25 eZ @ 0:40

6X50 fast @ 1:10

4X25 eZ @ 0:40

8X25 fast @ 0:45

4X25 eZ @ 0:40

200 fast

Post Set - 750

4X75 kick @ 1:45

4X50 swim @ 1:10

2X75 kick @ 1:35

2X50 swim @ 0:50

Total: 2950