

Thursday 10/6

Thursday, October 6, 2022 7:31 PM

Practice 1

Warm Up - 1150

4X100 free @ 1:45

6X75 kick/swim/drill @ 1:20

6X50 threshold @ 0:50 or 0:40

Main Set (2 Times Through) - 3400

2X200 free @ 2:45 or 3:00

6X100 @ 1:20 or 1:30 Descend 1-3 and 4-6

1X200 free @ 2:45

8X50 @ 0:40 or 0:45

1X100 fast @ 2:00

Post Set - 600

8X50 @ 1:00 ever 4th is fast

4X50 Breath Control (max 4) @ 1:00

Total: 5150

Practice 2

Warm Up - 800

3X100 free @ 2:00

4X75 kick/swim/drill @ 1:40

4X50 threshold @ 1:00 or 0:50

Main Set (2 Times Through) - 2400

1X200 free @ 3:15

6X100 @ 1:50 Descend 1-3 and 4-6

6X50 @ 0:50

1X100 fast @ 2:00

Post Set - 400

4X50 @ 1:00 ever 4th is fast

4X50 Breath Control (max 4) @ 1:10

Total: 3600