

Thursday 11/10

Thursday, November 10, 2022

6:27 PM

300 free

3X3X50 @ 1:00

1: kick/swim 2: pull/swim 3: build/swim

3X50 DPS @ 1:05

6X50 stroke build/eZ @ 1:05

8X25 v-sprint

2 Times Through

4X25 drill @ 0:40

8X25 @ 0:35 odd: fast even: eZ

1 min

3X50 500p @ 1:10

1 min

1X50 fast

Starts/Turns/Technique

Total: 1900