

Thursday 11/17 Practice

Thursday, November 17, 2022 7:57 PM

Practice 1

Warm Up - 1250

6X100 odd: free even: IM @ 2:00
4X50 drill back: 2 slow 3 fast breast: 3,2,1 @ 1:00
6X50 @ 1:00 1-3: 25f/25eZ 4-6: 25eZ/25f
3X50 kick w/o board @ 1:05

4 Times Through - 1600

3X25 fly descend @ 0:35
1X50 back fast @ 1:00
1X50 back moderate @ 0:45
1X75 breast build @ 1:25
3X50 free best average @ 1:00

6X200 @ 3:00/3:20 100f/50eZ/50f
Odd: free Even: stroke/IM
4X75 eZ

Total: 4350

Practice 1

Warm Up - 900

8X50 odd: free even: IM @ 1:10
3X50 drill back: 2 slow 3 fast breast: 3,2,1 @ 1:20
4X50 @ 1:10 1-2: 25f/25eZ 3-4: 25eZ/25f
3X50 kick w/o board @ 1:20

2 Times Through - 800

3X25 fly descend @ 0:45
1X50 back fast @ 1:10
1X50 back moderate @ 1:00
1X75 breast build @ 1:45

3X50 free best average @ 1:10

8X100 @ 2:00/2:20 50f/25eZ/25f

Odd: free Even: stroke/IM

4X75 eZ

Total: 2800