

# Thursday 12/8

Thursday, December 8, 2022

9:48 AM

## Dice Day!

### Warm Up

- (1) X (2) swim @ 0:50 50 pace
- (3) X (4) kick @ 1:00 50 pace
- (5) X (6) odd: drill even: fast stroke @ 1:00 pace

### (7) Times Through

- (8) X (9) fly @ 1:00 pace
- (10) X (11) back @ 1:00 pace
- (12) X (13) breast @ 1:00 pace
- (14) X 25s free @ 1:00 eZ down, OTB back

### Main Set

- (15) X 100s @ (16)
- 2 X (17) X 25s AFAP (18)
- (19) X 200s @ (20)
- 100eZ @ 3:00
- (21) X 100s @ (22)
- 2 X (23) X 25s AFAP (24)

4X50 eZ

Average: 3971.875

If <3500 I get one change

If <3200 I get two changes

If >4400 you get one change

If >4700 you get two changes

## Key

- 1: # of reps reverse order
- 2: 1 and 6: 50s 2-3: 100s
- 3: # of reps + 2
- 4: 1 and 6: 50s 2-3: 75s 4
- 5: # of reps
- 6: 1: 25s 2-3: 50s 4-5: 75s
- 7: 1: 1 2-3: 2 4-5: 3 6
- 8: # of reps odds: drill even
- 9: 1-3: 25s 4-6: 50s
- 10: # of reps odds: drill even
- 11: 1-3: 50s 4-6: 25s
- 12: # of reps odds: drill even
- 13: odd: 25s even: 50s
- 14: 1-2: 6 3-4: 4 5-6: 2
- 15: # of reps reverse order
- 16: 1-3: 1:30 4-5: 1:25 6:
- 17: # of reps
- 18: Number of breaths (
- 19: # of reps reverse order
- 20: 1-2: 2:40 3-4: 2:50 5
- 21: # of reps
- 22: 1-3: 1:30 4-5: 1:25 6:
- 23: # of reps
- 24: Number of breaths (

er	1: 4
4-5: 150s	2: 2
	3: 2
4-5: 100s	4: 6
	5: 4
s 6: 100s	6: 4
: 4	7: 2
en: DPS	8: 3
	9: 3
even: DPS	10: 1
	11: 4
even: DPS	12: 4
	13: 2
	14: 4
er	15: 5
1:20	16: 1
	17: 3
1-2: 0 3-4: 1 5-6: 2)	18: 2
er	19: 2
5-6: 3:00	20: 6
	21: 5
1:20	22: 5
	23: 6
1-2: 0 3-4: 1 5-6: 2)	24: 3