

Thursday 9/29 Practice

Thursday, September 29, 2022 10:20 PM

Warm Up

300 free

8X50 @ 1:10

4X50 @ 1:15

3 Times Through

3X100 odds: free evens: stroke @ 1:45

4X50 kick @ 1:10 descend 1-4

3X50 stroke @ 1:15 200 pace

4X75 free @ 1:10

2 Times Through

1X100 @ 1:30

2X50 @ 0:50

1X100 eZ

50 Off the Block

Total: 4400