

Wednesday 10/19

Wednesday, October 19, 2022 1:15 PM

Practice 1

Warm Up - 1400

300 free

4X50 kick @ 1:10

4X25 kick 10m+ UW @ 0:40

4X75 (50 choice/25 free) @ 1:30

6X50 drill odd: free @ 1:20 even: stroke @ 1:10

4X50 DPS @ 1:00

Pre-Set - 1300

10X50 odds: free evens: choice @ 1:10

4X100 IM (rotate the fast 25) @ 2:00

2X200 (50f/100eZ/50f) @ 3:30

Main Set - 2100

3X200 100 sprint/100 eZ @ 3:15

7X100 @ 1-4: 1:40 5-6: 1:30 7: 1:20 JMI

1 min break

6X50 @ 0:45 fast

1 min break

4X50 @ 0:40

1X100 eZ social kick @ 3:00

1X200 fast @ 3:00

Total: 4800

Practice 2

Warm Up - 900

300 free

4X50 kick @ 1:20

4X25 kick 10m+ UW @ 0:40

6X50 drill odd: free @ 1:20 even: stroke @ 1:20

Pre-Set - 1100

6X50 odds: free evens: choice @ 1:20

3X100 IM (rotate the fast 25) @ 2:15

2X200 (50f/100eZ/50f) @ 3:30

Main Set - 1800

2X200 100 sprint/100 eZ @ 3:30

5X100 @ 1-2: 1:50 3-4: 1:40 5: 1:30 JMI

1 min break

6X50 @ 0:50 fast

1 min break

4X50 @ 0:45 JMI

1X100 eZ social kick @ 3:00

1X200 fast @ 3:00

Total: 3700