

Wednesday 10/26

Wednesday, October 26, 2022 6:19 PM

Practice 1

Warm Up - 1200

300 free (every other 50 is mf)
200 IM (25k/25dr)
4X50 (focus on good turns) @ 1:00
2X100 IM @ 2:00
6X50 kick @ 1:00

2 Times Through - 1000

4X25 choice @ 0:25 --> 1 min rest
3X50 choice @ 0:45 --> 1 min rest
2X75 choice @ 1:10 --> 1 min rest
100 choice @ 1:30

2 Times Through - 2000

4X100 (500p) @ 1:40
6X50 (1: sprint 2: eZ) @ 1:00
1X200 mf @ 3:00
100eZ

4X50 eZ

Total: 4400

Practice 2

Warm Up - 1200

200 free (every other 50 is mf)
4X50 IMO (25k/25dr) @ 1:15
4X50 (focus on good turns) @ 1:10
6X50 kick @ 1:15

2 Times Through - 1000

4X25 choice @ 0:30 --> 1 min rest
3X50 choice @ 0:55 --> 1 min rest
2X75 choice @ 1:25 --> 1 min rest
100 choice @ 1:50

2 Times Through - 1200

3X100 (500p) @ 2:00

4X50 (1: sprint 2: eZ) @ 1:10

100eZ

4X50 eZ

Total: 3600