

Wednesday 10/5

Wednesday, October 5, 2022 1:17 PM

Challenge Workout

Warm Up -1200

200 SKIPS

4X50 25 drill/25 swim @ 1:00

Main Set (4 Times Through) -5600

400 IM @ 6:00

2X200 free @ 2:30

4X100 odd: free even: Stroke/IM @ 1:30

4X50 free 1-2 fast 3-4 eZ @ 1:00

Cool Down

4X75 eZ @ 1:20

Total: 7100

Practice 1

Warm Up -1200

200 SKIPS

4X50 25 drill/25 swim @ 1:00

Main Set (3 Times Through) - 3300

1X300 free (work flags - wall with 3+ dolphin kicks) @ 4:00

2X200 IM @ 3:15

3X100 descend time 1-3 @ 1:30

2X50 eZ @ 1:00

Cool Down

4X75 eZ

Total: 4800

Practice 2

Warm Up -1000

200 SKIP

4X50 25 drill/25 swim @ 1:00

Main Set (3 Times Through) - 2400

1X200 free @ 3:00

3X100 IM @ 2:00

4X50 descend time 1-4 @ 1:00

2X50 eZ @ 1:00

Cool Down

4X75 eZ

Total: 3700