

Wednesday 11/2

Wednesday, November 2, 2022 5:08 PM

Practice 1

Warm Up - 1000

200 free

4X50 kick @ 1:05

4X50 (25eZ/25f) @ 0:50

4X50 drill @ 1:05

2X4X25 IMO Fast @ 0:35

Pre Set - 2 Times (Change Strokes) - 700

3X50 200p @ 1:00

100eZ

2X25 fast @ 0:45

1X50 All Out

Main Set - 2400

6X75 (Fl/Bk/Br) Descend by 3 @ 1:15

6X25 Free Best Average @ 0:40

100 eZ

3X150 (Fl/Bk/Br) Descend by 3 @ 2:30

6X50 Free Best Average @ 1:10

100 eZ

2X225 (1 of the strokes will be a 75) @ 3:45

4X75 Best Average @ 1:30

100 eZ

Post Set - 450

4X50 DPS Stroke @ 1:10

4X25 drill @ 0:40

1X50 eZ

200 All Out

4X50 eZ

Total: 4750

Practice 2

Warm Up - 1000

200 free

4X50 kick @ 1:05

4X50 (25eZ/25f) @ 0:50

4X50 drill @ 1:05

2X4X25 IMO Fast @ 0:35

Pre Set - 2 Times (Change Strokes) - 700

3X50 200p @ 1:00

100eZ

2X25 fast @ 0:45

1X50 All Out

Main Set - 2400

6X75 (Fl/Bk/Br) Descend by 3 @ 1:15

6X25 Free Best Average @ 0:40

100 eZ

3X150 (Fl/Bk/Br) Descend by 3 @ 2:30

6X50 Free Best Average @ 1:10

100 eZ

2X225 (1 of the strokes will be a 75) @ 3:45

4X75 Best Average @ 1:30

100 eZ

Post Set - 450

4X50 DPS Stroke @ 1:10

4X25 drill @ 0:40

1X50 eZ

200 All Out

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4X50 eZ

Total: 4750