

Wednesday 11/30

Wednesday, November 30, 2022 3:30 PM

Practice 1

Warm Up

200 SKIPS

Pre-Set 3 Times Through - 1950

4X75 kick @ 1:30

4X25 drill @ 0:40

2X50 DPS @ 1:00

4X25 sprint kick @ 0:40

1X50 eZ @ 1:10

Main Set - 1350 (can do this set fly/back or back/breast or all free (-10sec per 50))

4X100 IM @ 1:40

4X25 fly fast DPS @ 0:40

6X25 fast back with long UW @ 0:40

2X75 25fly/50bk @ 1:20

2X50 fly medium-fast @ 1:00

6X25 fast back with long UW @ 0:40

4X75 25fly/50bk @ 1:20

Practice 1

Warm Up

200 SKIPS

Pre-Set 2 Times Through - 1000

2X75 kick @ 2:00

4X25 drill @ 0:45

2X50 DPS @ 1:10

4X25 sprint kick @ 0:45

1X50 eZ @ 1:20

Main Set - 1150 (can do this set fly/back or back/breast or all free (-10sec per 50))

2X100 IM @ 2:10

4X25 fly fast DPS @ 0:45

6X25 fast back with long UW @ 0:50

2X75 25fly/50bk @ 1:40

2X50 fly medium-fast @ 1:10

6X25 fast back with long UW @ 0:45

4X75 25fly/50bk @ 1:40

