

Wednesday 11/9

Wednesday, November 9, 2022

9:52 AM

Practice 1

300 swim

4X50 social kick @ 1:10

4X50 pull @ 1:00

8X25 drill @ 0:35

2X4X25 v-sprint @ 0:40

2X25 OTB

Relays

6X3X25 Choice @ 0:40

1: drill 2: build 3: breakout

4X50 DPS @ 1:15

100eZ

3X50 fast @ 1:30

100 med @ 1:45

3X50 med @ 1:10

100 fast @ 2:00

3X50 eZ

Total: 2550