

Wednesday 12/7

Wednesday, December 7, 2022 5:13 PM

Practice 1

Warm Up - 1300

2X400 free @ 8:00

100k/100dril/200swim

6X50 odd: IMO even: exchanges @ 1:00

4X50 v-sprint @ 1:00

2 Times Through - 700

2X100 build @ 1:50

4X25 fast @ 0:35

2X25 UWDK @ 0:40

Main Set - 2100 (1 min rest after each set)

4X75 @ 1:20 (25kick/50swim)

4X100 @ 2:00 (50kick/50swim)

4X150 @ 3:00 (50kick/100swim)

4X200 free @ 2:50

4X50 eZ

Practice 2

Warm Up - 1300

2X300 free @ 7:00

100k/100dril/100swim

6X50 odd: IMO even: exchanges @ 1:15

2 Times Through - 700

2X100 build @ 2:10

4X25 fast @ 0:45

2X25 UWDK @ 0:50

Main Set - 1200 (1 min rest after each set)

4X50 @ 1:00 (25kick/25swim)

4X75 @ 1:20 (25kick/50swim)

4X100 @ 2:20 (50kick/50swim)

2X150 @ 3:30 (50kick/100swim)

4X50 eZ

Musica brasileña