Today's Practice

total - L1:3600@58:30, L2:3600@1:03:00, L3:3200@1:01:50, L4:2800@1:00:20

Warmup

total - L1:600@15:00, L2:600@15:00, L3:600@15:00, L4:600@15:00

@ 15:00 15:00 15:00 15:00

200 Free

100 IM

200 Free pull

100 Kick

Preset

total - L1:500@9:10, L2:500@10:00, L3:500@11:20, L4:500@13:10

3x 50 Kick Freestyle, descend 1-3

@ 1:00 1:05 1:15 1:25

100 Free drill

@ 1:30 1:40 1:50 2:10

3x 50 Kick Choice, descend 1-3

@ 1:00 1:05 1:15 1:25

100 Choice drill

@ 1:40 1:50 2:00 2:30

2x Main Set

total - L1:2200@34:20, L2:2200@38:00, L3:1800@35:30, L4:1400@32:10

per round - L1:1100@17:10, L2:1100@19:00, L3:900@17:45, L4:700@16:05

3x 50 Free steady stroke count

@ :40 :45 :50 1:00

4x 100 Free

@ 1:30 1:40 1:50(3x) 2:10(2x)

3x 50 IM IM order (fly, back, breast)

@ :50 :55 1:05 1:15

4x 100 IM

@ 1:40 1:50 2:10(3x) 2:30(2x)

2x Post Set (if time permits)

total - L1:300@--, L2:300@--, L3:300@--, L4:300@--

per round - L1:150@--, L2:150@--, L3:150@--, L4:150@--

50 scull-swim, rest 0:20

50 drill-swim, rest 0:20

50 kick-swim, rest 0:20