Today's Practice

total - L1:3250@56:55, L2:3050@57:50, L3:2850@58:25, L4:2450@59:50

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

3x Preset

total - L1:750@13:15, L2:750@14:30, L3:750@15:45, L4:750@19:30

per round - L1:250@4:25, L2:250@4:50, L3:250@5:15, L4:250@6:30

100 Choice 50 kick / 50 swim

@ 1:50 2:00 2:10 2:40

75 Choice 50 drill / 25 swim

@ 1:20 1:30 1:35 2:00

50 Choice swim

@ :50 :55 1:00 1:15

25 Choice fast

@ :25 :25 :30 :35

4x Main Set

total - L1:1600@22:40, L2:1400@22:00, L3:1200@20:40, L4:800@17:20

per round - L1:400@5:40, L2:350@5:30, L3:300@5:10, L4:200@4:20

2x 100 Free

@ 1:20 1:30 1:40 2:00(1x)

4x 50 Choice get faster on each round

@ :45 :50(3x) :55(2x) 1:10(2x)

Post Set (if time permits)

total - L1:300@6:00, L2:300@6:20, L3:300@7:00, L4:300@8:00

4x 75 Free Breathe every 3, 5, 7 strokes, by 25

@ 1:30 1:35 1:45 2:00