Today's Practice

total - L1:3000@54:10, L2:3000@58:05, L3:2850@59:15, L4:2700@1:04:30

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@8:20, L2:500@9:15, L3:500@10:00, L4:500@12:35

4x 75 Choice kick / drill / swim by 25

@ 1:15 1:25 1:30 1:55

3x 50 Choice drill / swim by 25

@ :50 :55 1:00 1:15

2x 25 Choice 1st half fast half easy / 2nd half easy half fast

@ :25 :25 :30 :35

Main Set

total - L1:1600@24:20, L2:1600@27:00, L3:1450@26:55, L4:1300@28:35

400 Free

@ 5:35 6:15 5:15(300) 6:15(300)

4x 50 Free descend

@ :55 1:00 1:05(3x) 1:15(3x)

300 Free

@ 4:15 4:45 5:15 4:15(200)

3x 50 Free descend

@ :50 :55 1:00 1:10(2x)

200 Free

@ 2:50 3:10 3:30 4:10

2x 50 Free fast!

@ :45 :50 :55 1:05

50 Free easy

@ 1:00 1:05 1:10 1:20

100 Free

@ 1:20 1:30 1:40 2:00

50 Free fast!

@ :40 :45 :50 1:00

50 Free easy

@ 1:00 1:05 1:10 1:20

2x Post Set (if time permits)

total - L1:300@6:30, L2:300@6:50, L3:300@7:20, L4:300@8:20

per round - L1:150@3:15, L2:150@3:25, L3:150@3:40, L4:150@4:10

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

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

50 Stroke Double arm backstroke

@ :45 :50 :55 1:10

25 scull

@ 1:00 1:00 1:00 1:00