Today's Practice

total - L1:3000@58:20, L2:3000@1:02:05, L3:2800@1:03:40, L4:2400@1:01:40

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

2x 100 Choice kick/swim by 50

4x 50 Free pull

Preset

total - L1:600@11:15, L2:600@12:00, L3:600@13:15, L4:600@15:30

100 Stroke Fly - 25 right arm / 25 swim / 25 left arm / 25 swim

@ 1:50 2:00 2:10 2:35

50 Stroke Fly - build

@ :55 1:00 1:05 1:15

2x 25 Stroke Fly - fast/ez, ez/fast

@ :30 :30 :35 :40

100 Stroke Backstroke - 25 right arm / 25 swim / 25 left arm / 25 swim

@ 1:50 2:00 2:10 2:35

50 Stroke Backstroke - build

@ :55 1:00 1:05 1:15

2x 25 Stroke Backstroke - fast/ez, ez/fast

@ :30 :30 :35 :40

100 Stroke Breaststroke - 25 breaststroke pull w/ fly kick / 25 swim

@ 1:50 2:00 2:10 2:35

50 Stroke Breaststroke - build

@ :55 1:00 1:05 1:15

2x 25 Stroke Breaststroke - fast/ez, ez/fast

@ :30 :30 :35 :40

Main Set

total - L1:1600@28:05, L2:1600@30:45, L3:1400@30:45, L4:1000@26:10

400 IM 100 IM / 100 free

@ 6:50 7:30 6:40(300) 5:10(200)

3x 50 Stroke Free, descend

@ :50 :55 1:00 1:15(2x)

300 IM 100 IM swim / 100 IM drill

@ 5:10 5:40 4:30(200) 5:10(200)

3x 50 Stroke Breaststroke, descend

@ :55 1:00 1:05 1:20(2x)

200 IM

@ 3:30 3:50 4:30 2:40(100)

3x 50 Stroke Backstroke, descend

@ :55 1:00 1:05 1:20(2x)

100 IM

@ 1:50 2:00 2:20 2:40

3x 50 Stroke Fly, descend

@ :55 1:00 1:05 1:20(2x)

Post Set (if time permits)

total - L1:200@4:00, L2:200@4:20, L3:200@4:40, L4:200@5:00

4x 50 Odds - 3 turn; evens - scull/swim

@ 1:00 1:05 1:10 1:15