Today's Practice

total - L1:3400@1:02:00, L2:3000@1:00:20, L3:3000@1:04:00, L4:2600@1:04:00

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 Kick

200 Free pull

100 IM

2x Preset

total - L1:400@7:20, L2:400@8:00, L3:400@8:40, L4:400@10:40

per round - L1:200@3:40, L2:200@4:00, L3:200@4:20, L4:200@5:20

**Mix up strokes by round**

50 Choice count strokes per 25

@ :55 1:00 1:05 1:20

50 Choice stroke count minus 1

@ :55 1:00 1:05 1:20

50 Choice stroke count minus 2

@ :55 1:00 1:05 1:20

50 Choice Fast! Try to hold original stroke count

@ :55 1:00 1:05 1:20

4x Main Set

total - L1:2200@34:40, L2:1800@32:20, L3:1800@35:20, L4:1400@33:20

per round - L1:550@8:40, L2:450@8:05, L3:450@8:50, L4:350@8:20

50 Free drill / easy

@ :50 :55 1:00 1:10

4x 100 Free

@ 1:20 1:30(3x) 1:40(3x) 2:00(2x)

30 seconds rest

@ :30 :30 :30 :30

100 Free Broken - 25 fast / rest :15 / 50 fast / rest :15 / 25 fast

@ 2:00 2:10 2:20 2:40

Post Set (if time permits)

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

@ 5:00 5:00 5:00 5:00

4x 50 Choice scull / double arm backstroke, 15 sec rest