Today's Practice

total - L1:3800@1:10:45, L2:3800@1:15:45

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 - L1:800@17:00, L2:800@18:20

per round - L1:400@8:30, L2:400@9:10

200 Kick 25 kick / 25 swim

@ 3:50 4:10

4x 50 Kick Variable -- 1. fast/easy, 2. easy/fast, 3. easy, 4. fast

@ 1:10 1:15

Main Set

total - L1:2200@33:45, L2:2200@37:25

300 Free ladder breathing

@ 4:30 5:00

3x 100 Stroke 25 free / 25 non-free

@ 1:35 1:45

200 Free drill / swim

@ 3:00 3:20

2x 100 Stroke 25 free / 25 non-free

@ 1:35 1:45

100 Free

@ 1:20 1:30

100 Stroke 25 free / 25 non-free

@ 1:35 1:45

200 Stroke drill / swim

@ 3:30 3:50

2x 100 Free

@ 1:20 1:30

300 Stroke kick / drill / swim

@ 5:15 5:45

3x 100 Free

@ 1:20 1:30

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 down, double arm backstroke back, 15 sec rest