Today's Practice

total - L3:3400@1:13:30, L4:3250@1:19:40

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

100 Kick

200 Free pull

100 IM

2x Preset

total - L3:800@21:00, L4:800@23:40

per round - L3:400@10:30, L4:400@11:50

200 Kick 25 kick / 25 swim

@ 4:50 5:30

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

@ 1:25 1:35

3x Main Set

total - L3:1800@32:30, L4:1650@36:00

per round - L3:600@10:50, L4:550@12:00

200 Free ladder breathing

@ 3:40 4:20

2x 100 Stroke 25 free / 25 non-free

@ 1:55 2:20

4x 50 Free

@ :50 1:00(3x)

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