Today's Practice

Warmup

@ 15:00 15:00 15:00 15:00

200 Free

100 Kick

200 Free pull

100 IM

Preset

6x 50 Free descend 1-3, 4-6

@ :45 :50 :55 1:05

4x 25 Free fast/EZ, EZ/fast, all EZ, all fast

@ :35 :40 :45 :55

Main Set

400 Free

@ 6:20 7:00 7:40 6:45(300)

4x 100 Free

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

300 Free

@ 4:45 5:15 5:45 4:30(200)

3x 100 Free

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

200 Free

@ 3:10 3:30 3:50 2:15(100)

2x 100 Free

@ 1:20 1:30 1:40 1:00(50)

100 Free Fast!

@ 2:00 2:00 2:00 2:00(50)

Post Set (if time permits)

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

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