Today's Practice

total - L1:3100@55:05, L2:3100@58:55, L3:3100@1:02:45, L4:2450@57:40

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

Preset

total - L1:400@6:50, L2:400@7:40, L3:400@8:30, L4:400@10:10

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

total - L1:1900@28:15, L2:1900@31:15, L3:1900@34:15, L4:1250@27:30

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)

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