Today's Practice

Warmup

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

200 Free

100 Kick

200 Free pull

100 IM

Preset

4x 100 IM

@ 1:40 1:50 2:10 2:30

4x Main Set - IM order by round

4x 50 Stroke odds - kick/swim, evens - drill/swim

@ :50 :55 1:00 1:15(3x)

4x 100 Free

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

30 seconds rest

@ :30 :30 :30 :30

100 Stroke

@ 1:45 1:55 1:00(50) 1:15(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