Today's Practice

total - L1:4000@1:10:20, L2:4000@1:15:40, L3:3800@1:17:20, L4:3200@1:16:00

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@6:40, L2:400@7:20, L3:400@8:40, L4:400@10:00

4x 100 IM

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

4x Main Set - IM order by round

total - L1:2800@43:40, L2:2800@48:20, L3:2600@48:40, L4:2000@46:00

per round - L1:700@10:55, L2:700@12:05, L3:650@12:10, L4:500@11:30

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)

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