Today's Practice - COACH

total - L1:3200@59:00, L2:3200@1:03:00, L3:2600@57:00, L4:2400@58:40

Warmup

total - L1:700@15:00, L2:700@15:00, L3:700@15:00, L4:700@15:00

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

300 Free

100 Kick

100 Free pull

4x 50 Choice Odds - kick / swim, Evens - drill / swim

Preset

total - L1:300@5:00, L2:300@5:40, L3:300@6:20, L4:300@7:20

4x 25 Free streamline off wall as far as possible

@ :35 :40 :45 :50

4x 50 Free 2 UW kicks off each wall / 3 UW kicks / 4 UW kicks / 5 UW kicks

@ :40 :45 :50 1:00

4x Main Set

total - L1:2000@34:00, L2:2000@37:20, L3:1400@30:40, L4:1200@31:20

per round - L1:500@8:30, L2:500@9:20, L3:350@7:40, L4:300@7:50

4x 75 Free good underwaters

@ 1:10 1:15 1:25(2x) 1:40(2x)

4x 25 Choice variable

@ :35 :40 :45 :50

2x 50 Choice build to FAST turn

@ :45 :50 :55 1:10(1x)

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 kick / swim, scull / swim 15 sec rest

Today's Practice – Lanes 1 & 2

Warmup

@ 15:00 15:00

300 Free

100 Kick

100 Free pull

4x 50 Choice Odds - kick / swim, Evens - drill / swim

Preset

4x 25 Free streamline off wall as far as possible

@ :35 :40

4x 50 Free

1: 2 UW kicks off each wall

2: 3 UW kicks off each wall

3: 4 UW kicks off each wall

4: 5 UW kicks off each wall

@ :40 :45

4x Main Set

4x 75 Free good underwaters

@ 1:10 1:15

4x 25 Choice variable

@ :35 :40

2x 50 Choice build to FAST turn

@ :45 :50

Post Set (if time permits)

@ 5:00 5:00

4x 50 Choice kick / swim, scull / swim 15 sec rest

Today's Practice – Lanes 1 & 2

Warmup

@ 15:00 15:00

300 Free

100 Kick

100 Free pull

4x 50 Choice Odds - kick / swim, Evens - drill / swim

Preset

4x 25 Free streamline off wall as far as possible

@ :35 :40

4x 50 Free

1: 2 UW kicks off each wall

2: 3 UW kicks off each wall

3: 4 UW kicks off each wall

4: 5 UW kicks off each wall

@ :40 :45

4x Main Set

4x 75 Free good underwaters

@ 1:10 1:15

4x 25 Choice variable

@ :35 :40

2x 50 Choice build to FAST turn

@ :45 :50

Post Set (if time permits)

@ 5:00 5:00

4x 50 Choice kick / swim, scull / swim 15 sec rest

Today's Practice – Lane 3

Warmup

@ 15:00

300 Free

100 Kick

100 Free pull

4x 50 Choice Odds - kick / swim, Evens - drill / swim

Preset

4x 25 Free streamline off wall as far as possible

@ :45

4x 50 Free

1: 2 UW kicks off each wall

2: 3 UW kicks off each wall

3: 4 UW kicks off each wall

4: 5 UW kicks off each wall

@ :50

4x Main Set

2x 75 Free good underwaters

@ 1:25

4x 25 Choice variable

@ :45

2x 50 Choice build to FAST turn

@ :55

Post Set (if time permits)

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

4x 50 Choice kick / swim, scull / swim 15 sec rest

Today's Practice – Lane 4

Warmup

@ 15:00

300 Free

100 Kick

100 Free pull

4x 50 Choice Odds - kick / swim, Evens - drill / swim

Preset

4x 25 Free streamline off wall as far as possible

@ :50

4x 50 Free

1: 2 UW kicks off each wall

2: 3 UW kicks off each wall

3: 4 UW kicks off each wall

4: 5 UW kicks off each wall

@ 1:00

4x Main Set

2x 75 Free good underwaters

@ 1:40

4x 25 Choice variable

@ :50

1x 50 Choice build to FAST turn

@ 1:10

Post Set (if time permits)

@ 5:00

4x 50 Choice kick / swim, scull / swim 15 sec rest