Today's Practice - Coach

total - L1:4100@1:12:30, L2:3950@1:14:20, L3:3650@1:15:05, L4:3200@1:14:40

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 - fast / easy, Evens - easy / fast

2x Preset

total - L1:800@14:00, L2:800@15:20, L3:800@17:20, L4:800@20:40

per round - L1:400@7:00, L2:400@7:40, L3:400@8:40, L4:400@10:20

200 Kick 50 kick / 50 swim

@ 4:00 4:20 5:00 5:40

4x 50 Choice 25 swim / 25 overkick

@ :45 :50 :55 1:10

3x Main Set

total - L1:2400@38:30, L2:2250@39:00, L3:1950@37:45, L4:1500@34:00

per round - L1:800@12:50, L2:750@13:00, L3:650@12:35, L4:500@11:20

200 Stroke 25 back / 50 overkick free / 25 back

@ 3:10 3:30 1:55(100) 2:20(100)

4x 50 Kick 25 tombstone kick / 25 regular kick

@ 1:05 1:10(3x) 1:20(3x) 1:30(2x)

4x 100 Free strong legs

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

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

200 Choice double arm backstroke / swim

Today's Practice – Lane 1

Warmup

@ 15:00

300 Free

100 Kick

100 Free pull

4x 50 Choice Odds - fast / easy, Evens - easy / fast

2x Preset

200 Kick 50 kick / 50 swim

@ 4:00

4x 50 Choice 25 swim / 25 overkick

@ :45

3x Main Set

200 Stroke 25 back / 50 overkick free / 25 back

@ 3:10

4x 50 Kick 25 tombstone kick / 25 regular kick

@ 1:05

4x 100 Free strong legs

@ 1:20

Post Set (if time permits)

@ 5:00

200 Choice double arm backstroke / swim

Today's Practice – Lane 2

Warmup

@ 15:00

300 Free

100 Kick

100 Free pull

4x 50 Choice Odds - fast / easy, Evens - easy / fast

2x Preset

200 Kick 50 kick / 50 swim

@ 4:20

4x 50 Choice 25 swim / 25 overkick

@ :50 :

3x Main Set

200 Stroke 25 back / 50 overkick free / 25 back

@ 3:30

3x 50 Kick 25 tombstone kick / 25 regular kick

@ 1:10

4x 100 Free strong legs

@ 1:30

Post Set (if time permits)

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

200 Choice double arm backstroke / swim

Today's Practice – Lane 3

Warmup

@ 15:00

300 Free

100 Kick

100 Free pull

4x 50 Choice Odds - fast / easy, Evens - easy / fast

2x Preset

200 Kick 50 kick / 50 swim

@ 5:00

4x 50 Choice 25 swim / 25 overkick

@ :55

3x Main Set

100 Stroke 25 back / 50 overkick free / 25 back

@ 1:55

3x 50 Kick 25 tombstone kick / 25 regular kick

@ 1:20

4x 100 Free strong legs

@ 1:40

Post Set (if time permits)

@ 5:00

200 Choice double arm backstroke / swim

Today's Practice – Lane 4

Warmup

@ 15:00

300 Free

100 Kick

100 Free pull

4x 50 Choice Odds - fast / easy, Evens - easy / fast

2x Preset

200 Kick 50 kick / 50 swim

@ 5:40

4x 50 Choice 25 swim / 25 overkick

@ 1:10

3x Main Set

100 Stroke 25 back / 50 overkick free / 25 back

@ 2:20

2x 50 Kick 25 tombstone kick / 25 regular kick

@ 1:30

3x 100 Free strong legs

@ 2:00

Post Set (if time permits)

@ 5:00

200 Choice double arm backstroke / swim