Today's Practice - Coach

total - L1:3100@59:05, L2:3100@1:02:45, L3:2650@59:10, L4:2550@1:05:35

Warmup

total - L1:500@12:00, L2:500@12:00, L3:500@12:00, L4:500@12:00

@ 12:00 12:00 12:00 12:00

500 Free Swim / Kick / IM / Pull / Swim by 100

3x Preset

total - L1:900@18:15, L2:900@19:15, L3:900@21:15, L4:900@25:00

per round - L1:300@6:05, L2:300@6:25, L3:300@7:05, L4:300@8:20

100 Stroke drill

@ 1:45 1:55 2:05 2:30

2x 50 Stroke 1 - fast / easy, 2 - easy / fast

@ :50 :55 1:00 1:15

4x 25 Stroke descend 1 - 4

@ :40 :40 :45 :50

Main Set

total - L1:1500@22:30, L2:1500@25:00, L3:1050@19:15, L4:950@21:35

300 Free breathe 3 / 5 / 7 by 25

@ 4:30 5:00 3:40(200) 4:20(200)

8x 50 Choice 1 fast (stroke) / 3 smooth (25 stroke / 25 free)

@ :45 :50 :55(5x) 1:10(5x)

200 Free ladder breathing

@ 3:00 3:20 2:45(150) 2:10(100)

6x 50 Choice 1 fast (stroke) / 2 smooth (25 stroke / 25 free)

@ :45 :50 :55(4x) 1:10(4x)

100 Free drill / swim

@ 1:30 1:40 1:50 1:05(50)

4x 50 Choice 1 fast (stroke) / 1 smooth (25 stroke / 25 free)

@ :45 :50 :55(3x) 1:10(3x)

2x Post Set (if time permits)

total - L1:200@6:20, L2:200@6:30, L3:200@6:40, L4:200@7:00

per round - L1:100@3:10, L2:100@3:15, L3:100@3:20, L4:100@3:30

50 Free perfect form

@ 1:10 1:15 1:20 1:30

25 scull

@ 1:00 1:00 1:00 1:00

25 double arm backstroke

@ 1:00 1:00 1:00 1:00

Today's Practice – Lane 1

Warmup

@ 12:00

500 Free Swim / Kick / IM / Pull / Swim by 100

3x Preset: Round 1 fly, Round 2 back, Round 3 breast

100 Stroke drill

@ 1:45

2x 50 Stroke 1 - fast / easy, 2 - easy / fast

@ :50

4x 25 Stroke descend 1 - 4

@ :40

Main Set

300 Free breathe 3 / 5 / 7 by 25

@ 4:30

8x 50 Choice

1 fast (stroke) / 3 smooth (25 stroke / 25 free)

@ :45

200 Free ladder breathing

@ 3:00

6x 50 Choice

1 fast (stroke) / 2 smooth (25 stroke / 25 free)

@ :45

100 Free drill / swim

@ 1:30

4x 50 Choice

1 fast (stroke) / 1 smooth (25 stroke / 25 free)

@ :45

2x Post Set (if time permits)

50 Free perfect form

@ 1:10

25 scull

@ 1:00

25 double arm backstroke

@ 1:00

Today's Practice – Lane 2

Warmup

@ 12:00

500 Free Swim / Kick / IM / Pull / Swim by 100

3x Preset: Round 1 fly, Round 2 back, Round 3 breast

100 Stroke drill

@ 1:55

2x 50 Stroke 1 - fast / easy, 2 - easy / fast

@ :55

4x 25 Stroke descend 1 - 4

@ :40

Main Set

300 Free breathe 3 / 5 / 7 by 25

@ 5:00

8x 50 Choice

1 fast (stroke) / 3 smooth (25 stroke / 25 free)

@ :50

200 Free ladder breathing

@ 3:20

6x 50 Choice

1 fast (stroke) / 2 smooth (25 stroke / 25 free)

@ :50

100 Free drill / swim

@ 1:40

4x 50 Choice

1 fast (stroke) / 1 smooth (25 stroke / 25 free)

@ :50

2x Post Set (if time permits)

50 Free perfect form

@ 1:25

25 scull

@ 1:00

25 double arm backstroke

@ 1:00

Today's Practice – Lane 3

Warmup

@ 12:00

500 Free Swim / Kick / IM / Pull / Swim by 100

3x Preset: Round 1 fly, Round 2 back, Round 3 breast

100 Stroke drill

@ 2:05

2x 50 Stroke 1 - fast / easy, 2 - easy / fast

@ 1:00

4x 25 Stroke descend 1 - 4

@ :45

Main Set

200 Free ladder breathing

@ 3:40

5x 50 Choice

1 fast (stroke) / 3 smooth (25 stroke / 25 free)

@ :55

150 Free breathe 3 / 5 / 7 by 25

@ 2:45

4x 50 Choice

1 fast (stroke) / 2 smooth (25 stroke / 25 free)

@ :55

100 Free drill / swim

@ 1:50

3x 50 Choice

1 fast (stroke) / 1 smooth (25 stroke / 25 free)

@ :55

2x Post Set (if time permits)

50 Free perfect form

@ 1:20

25 scull

@ 1:00

25 double arm backstroke

@ 1:00

Today's Practice – Lane 4

Warmup

@ 12:00

500 Free Swim / Kick / IM / Pull / Swim by 100

3x Preset: Round 1 fly, Round 2 back, Round 3 breast

100 Stroke drill

@ 2:30

2x 50 Stroke 1 - fast / easy, 2 - easy / fast

@ 1:15

4x 25 Stroke descend 1 - 4

@ :50

Main Set

200 Free ladder breathing

@ 4:20

5x 50 Choice

1 fast (stroke) / 3 smooth (25 stroke / 25 free)

@ 1:10

100 Free breathe 3 / 5 by 25

@ 2:10

4x 50 Choice

1 fast (stroke) / 2 smooth (25 stroke / 25 free)

@ 1:10

50 Free drill / swim

@ 1:05

3x 50 Choice

1 fast (stroke) / 1 smooth (25 stroke / 25 free)

@ 1:10

2x Post Set (if time permits)

50 Free perfect form

@ 1:30

25 scull

@ 1:00

25 double arm backstroke

@ 1:00