Today's Practice - Coach

total - L1:3500@57:00, L2:3400@1:00:00, L3:3200@1:01:20, L4:2500@55:30

Warmup

total - L1:800@15:00, L2:800@15:00, L3:800@15:00, L4:800@15:00

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

200 Free

4x 50 Choice kick / swim

200 IM drill / swim

4x 50 Free descend 1-4

Preset

total - L1:400@6:40, L2:400@7:40, L3:400@8:20, L4:400@10:20

4x 75 Choice kick / drill / swim

@ 1:05 1:15 1:20 1:45

4x 25 Choice fast/easy, easy/fast, all easy, all fast

@ :35 :40 :45 :50

2x Main Set

total - L1:1900@28:40, L2:1800@30:00, L3:1600@30:00, L4:900@21:30

per round - L1:950@14:20, L2:900@15:00, L3:800@15:00, L4:450@10:45

4x 175 Free try to hit goal 200 time

@ 2:20 2:35 2:30(150) 1:30(75)

200 Free broken

@ 4:00 3:35(150) 3:50(150) 3:20(100)

50 Choice easy

@ 1:00 1:05 1:10 1:25

Post Set (if time permits)

total - L1:400@6:40, L2:400@7:20, L3:400@8:00, L4:400@8:40

4x 100 Choice kick / swim / drill / swim

@ 1:40 1:50 2:00 2:10

Today's Practice – Lane 1

Warmup

@ 15:00

200 Free

4x 50 Choice kick / swim

200 IM drill / swim

4x 50 Free descend 1-4

Preset

4x 75 Choice kick / drill / swim

@ 1:05

4x 25 Choice variable

fast/easy, easy/fast, easy, fast

@ :35

2x Main Set

4x 175 Free try to hit goal 200 time

@ 2:20

200 Free broken

75 / 50 / 50 / 25, :20 rest at each break

@ 4:00

50 Choice easy

@ 1:00

Post Set (if time permits)

4x 100 Choice kick/swim/drill/swim

@ 1:40

Today's Practice – Lane 2

Warmup

@ 15:00

200 Free

4x 50 Choice kick / swim

200 IM drill / swim

4x 50 Free descend 1-4

Preset

4x 75 Choice kick / drill / swim

@ 1:15

4x 25 Choice variable

fast/easy, easy/fast, easy, fast

@ :40

2x Main Set

4x 175 Free try to hit goal 200 time

@ 2:35

150 Free broken

50 / 50 / 50, resting half your 50 time

@ 3:35

50 Choice easy

@ 1:05

Post Set (if time permits)

4x 100 Choice kick / swim / drill / swim

@ 1:50

Today's Practice – Lane 3

Warmup

@ 15:00

200 Free

4x 50 Choice kick / swim

200 IM drill / swim

4x 50 Free descend 1-4

Preset

4x 75 Choice kick / drill / swim

@ 1:20

4x 25 Choice variable

fast/easy, easy/fast, easy, fast

@ :45

2x Main Set

4x 150 Free 200 pace

@ 2:30

150 Free broken

50 / 50 / 50, resting half your 50 time

@ 3:50

50 Choice easy

@ 1:10

Post Set (if time permits)

4x 100 Choice kick / swim / drill / swim

@ 2:00

Today's Practice – Lane 4

Warmup

@ 15:00

200 Free

4x 50 Choice kick / swim

200 IM drill / swim

4x 50 Free descend 1-4

Preset

4x 75 Choice kick / drill / swim

@ 1:45

4x 25 Choice variable

fast/easy, easy/fast, easy, fast

@ :50

2x Main Set

4x 75 Free try to hit goal 100 time

@ 1:30

100 Free broken

25 / 50 / 25, :20 rest at each break

@ 3:20

50 Choice easy

@ 1:25

Post Set (if time permits)

4x 100 Choice kick / swim / drill / swim

@ 2:10