Today's Practice - Coach

total - L1:4200@1:10:00, L2:4200@1:15:40, L3:3600@1:10:30, L4:3300@1:14:40

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 - L1:600@11:20, L2:600@12:20, L3:600@13:20, L4:600@16:20

4x 75 Choice odds kick/swim/kick, evens swim/kick/swim

@ 1:30 1:35 1:45 2:05

4x 75 Choice odds drill/swim/drill, evens swim/drill/swim

@ 1:20 1:30 1:35 2:00

2x Main Set

total - L1:2600@39:20, L2:2600@43:40, L3:2000@37:10, L4:1700@37:20

per round - L1:1300@19:40, L2:1300@21:50, L3:1000@18:35, L4:850@18:40

300 Free 25 drill / 50 swim

@ 4:30 5:00 3:40(200) 2:10(100)

6x 50 Free descend 1-3, then hold

@ :45 :50 :55(4x) 1:05(4x)

200 Free 25 drill / 25 swim

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

4x 50 Free

@ :40 :45 :50(3x) 1:00(3x)

100 Free 50 drill / 50 swim

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

2x 50 Free

@ :35 :40 :45 :55

50 Free easy drill

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

50 Free fast

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

Post Set (if time permits)

total - L1:200@4:20, L2:200@4:40, L3:200@5:00, L4:200@6:00

4x 50 Choice kick / swim / drill / swim

@ 1:05 1:10 1:15 1:30

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 odds kick/swim/kick, evens swim/kick/swim

@ 1:30

4x 75 Choice odds drill/swim/drill, evens swim/drill/swim

@ 1:20

2x Main Set

300 Free 25 drill / 50 swim

@ 4:30

6x 50 Free descend 1-3, then hold

@ :45

200 Free 25 drill / 25 swim

@ 3:00

4x 50 Free

@ :40

100 Free 50 drill / 50 swim

@ 1:30

2x 50 Free

@ :35

50 Free easy drill

@ 1:10

50 Free fast

@ 1:10

Post Set (if time permits)

4x 50 Choice kick / swim / drill / swim

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 odds kick/swim/kick, evens swim/kick/swim

@ 1:35

4x 75 Choice odds drill/swim/drill, evens swim/drill/swim

@ 1:30

2x Main Set

300 Free 25 drill / 50 swim

@ 5:00

6x 50 Free descend 1-3, then hold

@ :50

200 Free 25 drill / 25 swim

@ 3:20

4x 50 Free

@ :45

100 Free 50 drill / 50 swim

@ 1:40

2x 50 Free

@ :40

50 Free easy drill

@ 1:15

50 Free fast

@ 1:15

Post Set (if time permits)

4x 50 Choice kick / swim / drill / swim

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 odds kick/swim/kick, evens swim/kick/swim

@ 1:45

4x 75 Choice odds drill/swim/drill, evens swim/drill/swim

@ 1:35

2x Main Set

200 Free 25 drill / 25 swim

@ 3:40

4x 50 Free descend 1-4

@ :55

150 Free 50 drill / 25 swim

@ 2:45

3x 50 Free

@ :50

100 Free 50 drill / 50 swim

@ 1:50

2x 50 Free

@ :45

50 Free easy drill

@ 1:20

50 Free fast

@ 1:20

Post Set (if time permits)

4x 50 Choice kick / swim / drill / swim

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 odds kick/swim/kick, evens swim/kick/swim

@ 2:05

4x 75 Choice odds drill/swim/drill, evens swim/drill/swim

@ 2:00

2x Main Set

100 Free 25 swim / 25 drill

@ 2:10

4x 50 Free descend 1-4

@ 1:05

100 Free 25 swim / 50 drill

@ 2:10

3x 50 Free

@ 1:00

100 Free 25 swim / 75 drill

@ 2:10

2x 50 Free

@ :55

50 Free easy drill

@ 1:30

50 Free fast

@ 1:30

Post Set (if time permits)

4x 50 Choice kick / swim / drill / swim