Today's Practice - Coach

total - L1:3300@56:10, L2:3300@1:01:30, L3:2850@57:25, L4:2500@59:40

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

2x Preset

total - L1:800@16:40, L2:800@18:40, L3:800@20:00, L4:800@24:00

per round - L1:400@8:20, L2:400@9:20, L3:400@10:00, L4:400@12:00

8x 25 Choice kick / swim / drill / swim

@ :35 :40 :40 :50

4x 50 IM order, distance per stroke

@ :55 1:00 1:10 1:20

3x Main Set (L4: 2x)

total - L1:1500@21:30, L2:1500@24:30, L3:1050@18:45, L4:700@16:00

per round - L1:500@7:10, L2:500@8:10, L3:350@6:15, L4:350@8:00

4x 75 Choice 1. 75 easy, 2. 50 easy / 25 fast, 3. 25 easy / 50 fast, 4. 75 fast

@ 1:05 1:15 :55(50) 1:10(50)

200 Choice 50 stroke / 50 free

@ 2:50 3:10 2:35(150) 3:20(150)

Post Set (if time permits)

total - L1:200@3:00, L2:200@3:20, L3:200@3:40, L4:200@4:40

200 Choice scull / swim / drill / swim

@ 3:00 3:20 3:40 4:40