Today's Practice

total - L1:4400@1:08:50, L2:4400@1:14:50, L3:4250@1:17:50, L4:3250@1:10:30

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

300 Free

200 Choice kick / swim

100 Choice drill / swim

4x 50 Free descend 1-4

Preset

total - L1:1000@16:40, L2:1000@18:20, L3:1000@20:00, L4:1000@24:00

4x 100 Free feet past flags on all turns

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

4x 75 Choice kick / drill / swim

@ 1:15 1:25 1:30 1:55

4x 50 Free 3 turn

@ :45 :50 :55 1:05

4x 25 Free push off the wall as long as possible

@ :40 :40 :45 :50

Main Set

total - L1:2300@31:40, L2:2300@35:30, L3:2150@36:20, L4:1150@23:30

4x 200 Free

@ 2:45 3:05 3:25 2:05(100)

100 Free DPS

@ 1:40 1:50 1:00(50) 1:10(50)

3x 200 Free

@ 2:40 3:00 3:20 2:00(100)

100 Free DPS

@ 1:40 1:50 1:00(50) 1:10(50)

2x 200 Free

@ 2:35 2:55 3:15 1:55(100)

100 Free DPS

@ 1:40 1:50 1:00(50) 1:10(50)

200 Free

@ 2:30 2:50 3:10 1:50(100)

Post Set (if time permits)

total - L1:300@5:30, L2:300@6:00, L3:300@6:30, L4:300@8:00

6x 50 Choice odds - scull / swim, evens - 3 turn

@ :55 1:00 1:05 1:20

Today's Practice – Lane 1

Warmup

@ 15:00

300 Free

200 Choice kick / swim

100 Choice drill / swim

4x 50 Free descend 1-4

Preset

4x 100 Free feet past flags on all turns

@ 1:30

4x 75 Choice kick / drill / swim

@ 1:15

4x 50 Free 3 turn

@ :45

4x 25 Free push off the wall as long as possible

@ :40

Main Set

4x 200 Free

@ 2:45

100 Free DPS

@ 1:40

3x 200 Free

@ 2:40

100 Free DPS

@ 1:40

2x 200 Free

@ 2:35

100 Free DPS

@ 1:40

200 Free

@ 2:30

Post Set (if time permits)

6x 50 Choice odds - scull / swim, evens - 3 turn

Today's Practice – Lane 2

Warmup

@ 15:00

300 Free

200 Choice kick / swim

100 Choice drill / swim

4x 50 Free descend 1-4

Preset

4x 100 Free feet past flags on all turns

@ 1:40

4x 75 Choice kick / drill / swim

@ 1:25

4x 50 Free 3 turn

@ :50

4x 25 Free push off the wall as long as possible

@ :40

Main Set

4x 200 Free

@ 3:05

100 Free DPS

@ 1:50

3x 200 Free

@ 3:00

100 Free DPS

@ 1:50

2x 200 Free

@ 2:55

100 Free DPS

@ 1:50

200 Free

@ 2:50

Post Set (if time permits)

6x 50 Choice odds - scull / swim, evens - 3 turn

Today's Practice – Lane 3

Warmup

@ 15:00

300 Free

200 Choice kick / swim

100 Choice drill / swim

4x 50 Free descend 1-4

Preset

4x 100 Free feet past flags on all turns

@ 1:50

4x 75 Choice kick / drill / swim

@ 1:30

4x 50 Free 3 turn

@ :55

4x 25 Free push off the wall as long as possible

@ :45

Main Set

4x 200 Free

@ 3:25

50 Free DPS

@ 1:00

3x 200 Free

@ 3:20

50 Free DPS

@ 1:00

2x 200 Free

@ 3:15

50 Free DPS

@ 1:00

200 Free

@ 3:10

Post Set (if time permits)

6x 50 Choice odds - scull / swim, evens - 3 turn

Today's Practice – Lane 4

Warmup

@ 15:00

300 Free

200 Choice kick / swim

100 Choice drill / swim

4x 50 Free descend 1-4

Preset

4x 100 Free feet past flags on all turns

@ 2:10

4x 75 Choice kick / drill / swim

@ 1:55

4x 50 Free 3 turn

@ 1:05

4x 25 Free push off the wall as long as possible

@ :50

Main Set

4x 100 Free

@ 2:05

50 Free DPS

@ 1:10

3x 100 Free

@ 2:00

50 Free DPS

@ 1:10

2x 100 Free

@ 1:55

50 Free DPS

@ 1:10

100 Free

@ 1:50

Post Set (if time permits)

6x 50 Choice odds - scull / swim, evens - 3 turn