Today's Practice

total - L1:3150@55:15, L2:3150@58:50, L3:3150@1:03:35, L4:2650@1:04:00

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 - L1:400@7:10, L2:400@7:50, L3:400@9:00, L4:400@10:20

100 Free feet past flags on all turns

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

2x 50 Kick

@ 1:00 1:05 1:15 1:25

100 IM

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

2x 50 Kick

@ 1:00 1:05 1:15 1:25

Main Set

total - L1:1550@24:45, L2:1550@27:20, L3:1550@29:55, L4:1050@26:00

12x 50 Choice 1 fast / 3 EZ

@ :45 :50 :55 1:10(8x)

EZ rest

@ :30 :30 :30 :30

9x 50 Choice 1 fast / 2 EZ

@ :45 :50 :55 1:10(6x)

EZ rest

@ :30 :30 :30 :30

6x 50 Choice 1 fast / 1 EZ

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

EZ rest

@ :30 :30 :30 :30

3x 50 Choice fast, best average

@ :45 :50 :55 1:10(2x)

50 Choice easy

@ :45 :50 :55 1:10

25s Set

total - L1:200@5:20, L2:200@5:20, L3:200@6:00, L4:200@8:00

8x 25 Choice 1 fast / 1 EZ / 2 fast / 1 EZ / 3 fast

@ :40 :40 :45 1:00

Post Set (if time permits)

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

200 Choice kick / swim / drill / swim

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

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

100 Free feet past flags on all turns

@ 1:30

2x 50 Kick

@ 1:00

100 IM

@ 1:40

2x 50 Kick

@ 1:00

Main Set

12x 50 Choice 1 fast / 3 EZ

@ :45

EZ rest

@ :30

9x 50 Choice 1 fast / 2 EZ

@ :45

EZ rest

@ :30

6x 50 Choice 1 fast / 1 EZ

@ :45

EZ rest

@ :30

3x 50 Choice fast, best average

@ :45

50 Choice easy

@ :45

25s Set

8x 25 Choice 1 fast / 1 EZ / 2 fast / 1 EZ / 3 fast

@ :40

Post Set (if time permits)

200 Choice kick / swim / drill / swim

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

100 Free feet past flags on all turns

@ 1:40

2x 50 Kick

@ 1:05

100 IM

@ 1:50

2x 50 Kick

@ 1:05

Main Set

12x 50 Choice 1 fast / 3 EZ

@ :50

EZ rest

@ :30 :30 :30 :30

9x 50 Choice 1 fast / 2 EZ

@ :50

EZ rest

@ :30 :30 :30 :30

6x 50 Choice 1 fast / 1 EZ

@ :50

EZ rest

@ :30 :30 :30 :30

3x 50 Choice fast, best average

@ :50

50 Choice easy

@ :50

25s Set

8x 25 Choice 1 fast / 1 EZ / 2 fast / 1 EZ / 3 fast

@ :40

Post Set (if time permits)

200 Choice kick / swim / drill / swim

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

100 Free feet past flags on all turns

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

2x 50 Kick

@ 1:00 1:05 1:15 1:25

100 IM

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

2x 50 Kick

@ 1:00 1:05 1:15 1:25

Main Set

12x 50 Choice 1 fast / 3 EZ

@ :45 :50 :55 1:10(8x)

EZ rest

@ :30 :30 :30 :30

9x 50 Choice 1 fast / 2 EZ

@ :45 :50 :55 1:10(6x)

EZ rest

@ :30 :30 :30 :30

6x 50 Choice 1 fast / 1 EZ

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

EZ rest

@ :30 :30 :30 :30

3x 50 Choice fast, best average

@ :45 :50 :55 1:10(2x)

50 Choice easy

@ :45 :50 :55 1:10

25s Set

4x 25 Choice odds – fast, evens - easy

@ :45

Post Set (if time permits)

200 Choice kick / swim / drill / swim

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

100 Free feet past flags on all turns

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

2x 50 Kick

@ 1:00 1:05 1:15 1:25

100 IM

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

2x 50 Kick

@ 1:00 1:05 1:15 1:25

Main Set

12x 50 Choice 1 fast / 3 EZ

@ :45 :50 :55 1:10(8x)

EZ rest

@ :30 :30 :30 :30

9x 50 Choice 1 fast / 2 EZ

@ :45 :50 :55 1:10(6x)

EZ rest

@ :30 :30 :30 :30

6x 50 Choice 1 fast / 1 EZ

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

EZ rest

@ :30 :30 :30 :30

3x 50 Choice fast, best average

@ :45 :50 :55 1:10(2x)

50 Choice easy

@ :45 :50 :55 1:10

25s Set

4x 25 Choice odds – fast, evens - easy

@ 1:00

Post Set (if time permits)

200 Choice kick / swim / drill / swim