Today's Practice

total - L1:4000@1:08:00, L2:4000@1:12:50, L3:3500@1:10:35, L4:3000@1:09:20

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 - L1:900@16:00, L2:900@17:00, L3:900@20:20, L4:900@23:20

4x 25 IM drill

@ :35 :35 :45 :50

4x 75 IM order kick / drill / swim

@ 1:20 1:25 1:40 1:55

4x 125 IM order - 25 stroke EZ / 75 free moderate / 25 stroke fast

@ 2:05 2:15 2:40 3:05

Main Set

total - L1:2000@31:30, L2:2000@34:50, L3:1500@28:45, L4:1000@23:00

400 Free breathing 3s

@ 5:40 6:20 5:15(300) 4:10(200)

4x 100 Stroke drill / swim

@ 1:45 1:55 2:05(3x) 2:30(2x)

300 Free breath 3 / 5 / 7 by 25

@ 4:15 4:45 3:55(225) 3:05(150)

4x 75 Stroke build

@ 1:15 1:25 1:30(3x) 1:50(2x)

200 Free breath 3 / 5 / 7 / 5 by 50

@ 2:50 3:10 2:35(150) 2:05(100)

4x 50 Stroke best average

@ :50 :55 1:00(3x) 1:15(2x)

100 Free 2 breaths / 25

@ 1:25 1:35 1:15(75) 1:00(50)

4x 25 Stroke sprint

@ :30 :30 :40(3x) :45(2x)

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 - drill / swim

@ :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 25 IM drill

@ :35

4x 75 IM order kick / drill / swim

@ 1:20

4x 125 IM order:

25 stroke EZ / 75 free moderate / 25 stroke fast

@ 2:05

Main Set

400 Free breathing 3s

@ 5:40

4x 100 Stroke drill / swim

@ 1:45

300 Free breath 3 / 5 / 7 by 25

@ 4:15

4x 75 Stroke build

@ 1:15

200 Free breath 3 / 5 / 7 / 5 by 50

@ 2:50

4x 50 Stroke best average

@ :50

100 Free 2 breaths / 25

@ 1:25

4x 25 Stroke sprint

@ :30

Post Set (if time permits)

6x 50 Choice Odds - scull / swim, Evens - 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

4x 25 IM drill

@ :35

4x 75 IM order kick / drill / swim

@ 1:25

4x 125 IM order:

25 stroke EZ / 75 free moderate / 25 stroke fast

@ 2:15

Main Set

400 Free breathing 3s

@ 6:20

4x 100 Stroke drill / swim

@ 1:55

300 Free breath 3 / 5 / 7 by 25

@ 4:45

4x 75 Stroke build

@ 1:25

200 Free breath 3 / 5 / 7 / 5 by 50

@ 3:10

4x 50 Stroke best average

@ :55

100 Free 2 breaths / 25

@ 1:35

4x 25 Stroke sprint

@ :30

Post Set (if time permits)

6x 50 Choice Odds - scull / swim, Evens - 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

4x 25 IM drill

@ :45

4x 75 IM order kick / drill / swim

@ 1:40

4x 125 IM order:

25 stroke EZ / 75 free moderate / 25 stroke fast

@ 2:40

Main Set

300 Free breathing 3s

@ 5:15

3x 100 Stroke drill / swim

@ 2:05

225 Free breath 3 / 5 / 7 by 25

@ 3:55

3x 75 Stroke build

@ 1:30

150 Free breath 3 / 5 / 7 by 50

@ 2:35

3x 50 Stroke best average

@ 1:00

75 Free 2 breaths / 25

@ 1:15

3x 25 Stroke sprint

@ :40

Post Set (if time permits)

6x 50 Choice Odds - scull / swim, Evens - 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

4x 25 IM drill

@ :50

4x 75 IM order kick / drill / swim

@ 1:55

4x 125 IM order:

25 stroke EZ / 75 free moderate / 25 stroke fast

@ 3:05

Main Set

200 Free breathing 3s

@ 4:10

2x 100 Stroke drill / swim

@ 2:30

150 Free breath 3 / 5 / 7 by 25

@ 3:05

2x 75 Stroke build

@ 1:50

100 Free breath 3 / 5 by 50

@ 2:05

2x 50 Stroke best average

@ 1:15

50 Free 2 breaths / 25

@ 1:00

2x 25 Stroke sprint

@ :45

Post Set (if time permits)

6x 50 Choice Odds - scull / swim, Evens - drill / swim