Today's Practice - Coach

total - L1:3500@54:20, L2:3500@58:40, L3:3100@56:40, L4:2800@58:10

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 - L1:500@8:00, L2:500@8:40, L3:500@9:40, L4:500@11:20

4x 75 Free Pull - 25 right arm / 25 left arm / 25 swim

@ 1:15 1:20 1:30 1:45

4x 50 Free low stroke count

@ :45 :50 :55 1:05

2x Main Set

total - L1:2000@27:40, L2:2000@31:00, L3:1600@27:40, L4:1300@26:30

per round - L1:1000@13:50, L2:1000@15:30, L3:800@13:50, L4:650@13:15

200 Free hold stroke count

@ 2:45 3:05 2:35(150) 4:00

200 Free hold stroke count

@ 2:40 3:00 2:30(150) 2:55(150)

200 Free hold stroke count

@ 2:35 2:55 2:25(150) 1:50(100)

200 Free hold stroke count

@ 2:30 2:50 2:20(150) :45(50)

4x 50 Choice Odds - kick, Evens - drill

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

Post Set (if time permits)

total - L1:200@3:40, L2:200@4:00, L3:200@4:20, L4:200@5:20

4x 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 75 Free Pull - 25 right arm / 25 left arm / 25 swim

@ 1:15

4x 50 Free low stroke count

@ :45

2x Main Set

4x200 Free hold stroke count

@ 2:45

@ 2:40

@ 2:35

@ 2:30

4x 50 Choice Odds - kick, Evens - drill

@ :50

Post Set (if time permits)

4x 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 75 Free Pull - 25 right arm / 25 left arm / 25 swim

@ 1:20

4x 50 Free low stroke count

@ :50

2x Main Set

4x200 Free hold stroke count

@ 3:05

@ 3:00

@ 2:55

@ 2:50

4x 50 Choice Odds - kick, Evens - drill

@ :55

Post Set (if time permits)

4x 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 75 Free Pull - 25 right arm / 25 left arm / 25 swim

@ 1:15 1:20 1:30 1:45

4x 50 Free low stroke count

@ :45 :50 :55 1:05

2x Main Set

4x250 Free hold stroke count

@ 2:35

@ 2:30

@ 2:25

@ 2:20

4x 50 Choice Odds - kick, Evens - drill

@ 1:00

Post Set (if time permits)

4x 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 75 Free Pull - 25 right arm / 25 left arm / 25 swim

@ 1:15 1:20 1:30 1:45

4x 50 Free low stroke count

@ :45 :50 :55 1:05

2x Main Set

200 Free hold stroke count

@ 4:00

150 Free hold stroke count

@ 2:55

100 Free hold stroke count

@ 1:50

50 Free hold stroke count

@ :45

3x 50 Choice Odds - kick, Evens - drill

@ 1:15

Post Set (if time permits)

4x 50 Choice Odds - scull / swim, Evens - drill / swim