Today's Practice

total - L1:3900@1:12:40, L2:3700@1:12:40, L3:3500@1:16:00, L4:3100@1:14:20

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 - L1:400@6:40, L2:400@7:20, L3:400@8:00, L4:400@10:00

4x 50 Choice fly or breast - 2 turn 50s

@ :50 :55 1:00 1:15

4x 50 Choice back or free - 2 turn 50s

@ :50 :55 1:00 1:15

4x Main Set

total - L1:2600@49:00, L2:2400@48:20, L3:2200@51:00, L4:1800@47:20

per round - L1:650@12:15, L2:600@12:05, L3:550@12:45, L4:450@11:50

200 IM kick / drill

@ 4:00 3:15(150) 2:30(100) --(0)

4x 75 IM switching

@ 1:15 1:20 1:35 1:50

100 IM order by round, broken - 25 / 50 / 25 rest :20

@ 2:20 2:30 2:50 3:10

50 Choice easy

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

Post Set (if time permits)

total - L1:100@2:00, L2:100@2:00, L3:100@2:00, L4:100@2:00

100 Choice easy

@ 2:00 2:00 2:00 2:00

Today's Practice – Lane 1

Warmup

@ 15:00

300 Free

200 Choice kick / swim

100 Choice drill / swim

Preset

4x 50 Choice fly or breast - 2 turn 50s

@ :50

4x 50 Choice back or free - 2 turn 50s

@ :50

4x Main Set

200 IM kick / drill

@ 4:00

4x 75 IM switching:

1. FL / BK / BR
2. BK / BR / FR
3. BR / FR / FL
4. FR / FL / BK

@ 1:15

100 IM order by round, broken:

25 / 50 / 25 rest :20

@ 2:20

50 Choice easy

@ :55

Post Set (if time permits)

100 Choice easy

Today's Practice – Lane 2

Warmup

@ 15:00

300 Free

200 Choice kick / swim

100 Choice drill / swim

Preset

4x 50 Choice fly or breast - 2 turn 50s

@ :55

4x 50 Choice back or free - 2 turn 50s

@ :55

4x Main Set

150 IM kick / drill (FL / BK / BR x50)

@ 3:15

4x 75 IM switching:

1. FL / BK / BR
2. BK / BR / FR
3. BR / FR / FL
4. FR / FL / BK

@ 1:20

100 IM order by round, broken:

25 / 50 / 25 rest :20

@ 2:30

50 Choice easy

@ 1:00

Post Set (if time permits)

100 Choice easy

Today's Practice – Lane 3

Warmup

@ 15:00

300 Free

200 Choice kick / swim

100 Choice drill / swim

Preset

4x 50 Choice fly or breast - 2 turn 50s

@ 1:00

4x 50 Choice back or free - 2 turn 50s

@ 1:00

4x Main Set

100 IM drill

@ 2:30

4x 75 IM switching:

1. FL / BK / BR
2. BK / BR / FR
3. BR / FR / FL
4. FR / FL / BK

@ 1:35

100 IM order by round, broken:

25 / 50 / 25 rest :20

@ 2:50

50 Choice easy

@ 1:05

Post Set (if time permits)

100 Choice easy

Today's Practice

Warmup

@ 15:00

300 Free

200 Choice kick / swim

100 Choice drill / swim

Preset

4x 50 Choice fly or breast - 2 turn 50s

@ 1:15

4x 50 Choice back or free - 2 turn 50s

@ 1:15

4x Main Set

4x 75 IM switching:

1. FL / BK / BR
2. BK / BR / FR
3. BR / FR / FL
4. FR / FL / BK

@ 1:50

100 IM order by round, broken:

25 / 50 / 25 rest :20

@ 3:10

50 Choice easy

@ 1:20

Post Set (if time permits)

100 Choice easy