Today's Practice

total - L1:3500@56:00, L2:3500@1:00:20, L3:3050@57:35, L4:2600@56:15

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@9:10, L2:500@10:00, L3:500@11:20, L4:500@13:10

100 Free drill

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

3x 50 Kick Freestyle, descend 1-3

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

100 Choice drill

@ 1:40 1:50 2:00 2:30

3x 50 Kick Choice, descend 1-3

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

Main Set

total - L1:1900@27:10, L2:1900@30:20, L3:1450@25:35, L4:1000@21:25

4x 200 Free pull

@ 2:40 3:00 3:20(3x) 3:00(3x, 150)

4x 50 Choice descend

@ :45 :50 :55 1:10(3x)

3x 150 Free pull, descend 1-3

@ 2:15 2:30 2:45(2x) 2:10(2x, 100)

3x 50 Choice descend

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

2x 100 Free pull, descend 1-2

@ 1:30 1:40 1:50(1x) 1:05(1x, 50)

2x 50 Choice descend

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

Post Set (if time permits)

total - L1:300@4:40, L2:300@5:00, L3:300@5:40, L4:300@6:40

4x 75 Free breath 3, 5, 7 - 20 second rest

@ 1:10 1:15 1:25 1:40

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 drill

@ 1:30

3x 50 Kick Freestyle, descend 1-3

@ 1:00

100 Choice drill

@ 1:40

3x 50 Kick Choice, descend 1-3

@ 1:00

Main Set

4x 200 Free pull

@ 2:40

4x 50 Choice descend

@ :45

3x 150 Free pull

@ 2:15

3x 50 Choice descend

@ :45

2x 100 Free pull

@ 1:30

2x 50 Choice descend

@ :45

Post Set (if time permits)

4x 75 Free breath 3, 5, 7

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 drill

@ 1:40

3x 50 Kick Freestyle, descend 1-3

@ 1:05

100 Choice drill

@ 1:50

3x 50 Kick Choice, descend 1-3

@ 1:05

Main Set

4x 200 Free pull

@ 3:00

4x 50 Choice descend

@ :50

3x 150 Free pull

@ 2:30

3x 50 Choice descend

@ :50

2x 100 Free pull

@ 1:40

2x 50 Choice descend

@ :50

Post Set (if time permits)

4x 75 Free breath 3, 5, 7

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 drill

@ 1:50

3x 50 Kick Freestyle, descend 1-3

@ 1:15

100 Choice drill

@ 1:50

3x 50 Kick Choice, descend 1-3

@ 1:15

Main Set

3x 200 Free pull

@ 3:20

4x 50 Choice descend

@ :55

2x 150 Free pull

@ 2:45

3x 50 Choice descend

@ :55

1x 100 Free pull

@ 1:50

2x 50 Choice descend

@ :55

Post Set (if time permits)

4x 75 Free breath 3, 5, 7

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 drill

@ 2:10

3x 50 Kick Freestyle, descend 1-3

@ 1:25

100 Choice drill

@ 2:30

3x 50 Kick Choice, descend 1-3

@ 1:25

Main Set

3x 150 Free pull

@ 3:00

3x 50 Choice descend

@ 1:10

2x 100 Free pull

@ 2:10

2x 50 Choice descend

@ 1:10

1x 50 Free pull

@ 1:05

1x 50 Choice

@ 1:10

Post Set (if time permits)

4x 75 Free breath 3, 5, 7