Today's Practice

total - L1:3000@56:20, L2:3000@1:00:10, L3:2800@1:00:20, L4:2400@1:00:30

Warmup

total - L1:600@15:00, L2:600@15:00, L3:600@15:00, L4:600@15:00

@ 15:00 15:00 15:00 15:00

200 Free

200 IM drill / swim

100 Kick

100 Free pull

Preset

total - L1:500@8:00, L2:500@8:40, L3:500@10:00, L4:500@11:40

4x 75 Free pull - breathe 3 / 5 / 7

@ 1:00 1:05 1:15 1:30

4x 50 Kick 1 - fast/ez, 2 - ez/fast, 3 - all ez, 4 - all fast

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

2x Main Set

total - L1:1600@27:20, L2:1600@30:00, L3:1400@28:20, L4:1000@25:20

per round - L1:800@13:40, L2:800@15:00, L3:700@14:10, L4:500@12:40

6x 50 Choice drill / swim

@ :55 1:00 1:05(4x) 1:20(4x)

3x 100 Choice descend to 85% effort

@ 1:30 1:40 1:50 2:20(2x)

4x 50 Choice fast

@ :55 1:00 1:05 1:20(2x)

Post Set (if time permits)

total - L1:300@6:00, L2:300@6:30, L3:300@7:00, L4:300@8:30

6x 50 Choice 1 - scull / swim, 2 - kick / swim, 3 - drill / swim

@ 1:00 1:05 1:10 1:25

Today's Practice – Lane 1

Warmup

@ 15:00

200 Free

200 IM drill / swim

100 Kick

100 Free pull

Preset

4x 75 Free pull - breathe 3 / 5 / 7

@ 1:00

4x 50 Kick

1: fast/ez, 2: ez/fast, 3: all ez, 4: all fast

@ 1:00

2x Main Set

6x 50 Choice drill / swim

@ :55

3x 100 Choice descend to 85% effort

@ 1:30

4x 50 Choice fast

@ :55

Post Set (if time permits)

6x 50 Choice

1: scull / swim, 2: kick / swim, 3: drill / swim

Today's Practice – Lane 2

Warmup

@ 15:00

200 Free

200 IM drill / swim

100 Kick

100 Free pull

Preset

4x 75 Free pull - breathe 3 / 5 / 7

@ 1:05

4x 50 Kick

1: fast/ez, 2: ez/fast, 3: all ez, 4: all fast

@ 1:05

2x Main Set

6x 50 Choice drill / swim

@ 1:00

3x 100 Choice descend to 85% effort

@ 1:40

4x 50 Choice fast

@ 1:00

Post Set (if time permits)

6x 50 Choice

1: scull / swim, 2: kick / swim, 3: drill / swim

Today's Practice – Lane 3

Warmup

@ 15:00

200 Free

200 IM drill / swim

100 Kick

100 Free pull

Preset

4x 75 Free pull - breathe 3 / 5 / 7

@ 1:15

4x 50 Kick

1: fast/ez, 2: ez/fast, 3: all ez, 4: all fast

@ 1:15

2x Main Set

4x 50 Choice drill / swim

@ 1:05

3x 100 Choice descend to 85% effort

@ 1:50

4x 50 Choice fast

@ 1:05

Post Set (if time permits)

6x 50 Choice

1: scull / swim, 2: kick / swim, 3: drill / swim

Today's Practice – Lane 4

Warmup

@ 15:00

200 Free

200 IM drill / swim

100 Kick

100 Free pull

Preset

4x 75 Free pull - breathe 3 / 5 / 7

@ 1:30

4x 50 Kick

1: fast/ez, 2: ez/fast, 3: all ez, 4: all fast

@ 1:30

2x Main Set

4x 50 Choice drill / swim

@ 1:20

2x 100 Choice build to 85% effort

@ 2:20

2x 50 Choice fast

@ 1:20

Post Set (if time permits)

6x 50 Choice

1: scull / swim, 2: kick / swim, 3: drill / swim