Today's Practice

total - L1:3900@1:11:45, L2:3600@1:12:15, L3:3300@1:11:30, L4:2850@1:12:00

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 - L1:900@15:00, L2:900@16:30, L3:900@18:30, L4:900@21:30

3x 100 Free left arm / right arm / catch-up / swim

@ 1:40 1:50 2:00 2:20

3x 100 Free fingertip drag / swim

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

3x 50 IM drill

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

3x 50 IM swim

@ :50 :55 1:05 1:15

3x Main Set

total - L1:2100@35:45, L2:1800@34:15, L3:1500@31:00, L4:1050@27:00

per round - L1:700@11:55, L2:600@11:25, L3:500@10:20, L4:350@9:00

6x 50 Free time + stroke count

@ :45 :50(4x) :55(4x) 1:05(2x)

3x 100 Choice 1 - free, 2 - stroke, 3 - IM

@ 1:45 1:55 2:05(2x) 1:55(2x, 75)

100 Choice broken - 25 / 50 / 25 rest :20

@ 2:10 2:20 2:30 3:00

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

3x 100 Free left arm / right arm / catch-up / swim

@ 1:40

3x 100 Free fingertip drag / swim

@ 1:30

3x 50 IM drill

@ 1:00

3x 50 IM swim

@ :50

3x Main Set – stroke is IM order by round

6x 50 Free time + stroke count

@ :45

3x 100 Choice 1 - free, 2 - stroke, 3 - IM

@ 1:45

100 Stroke broken - 25 / 50 / 25 rest :20

@ 2:10

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

3x 100 Free left arm / right arm / catch-up / swim

@ 1:50

3x 100 Free fingertip drag / swim

@ 1:40

3x 50 IM drill

@ 1:05

3x 50 IM swim

@ :55

3x Main Set – stroke is IM order by round

4x 50 Free time + stroke count

@ :50

3x 100 Choice 1 - free, 2 - stroke, 3 - IM

@ 1:55

100 Stroke broken - 25 / 50 / 25 rest :20

@ 2:20

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

3x 100 Free left arm / right arm / catch-up / swim

@ 2:00

3x 100 Free fingertip drag / swim

@ 1:50

3x 50 IM drill

@ 1:15

3x 50 IM swim

@ 1:05

3x Main Set – stroke is IM order by round

4x 50 Free time + stroke count

@ :55

2x 100 IM

@ 2:05

100 Stroke broken - 25 / 50 / 25 rest :20

@ 2:30

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

3x 100 Free left arm / right arm / catch-up / swim

@ 2:20

3x 100 Free fingertip drag / swim

@ 2:10

3x 50 IM drill

@ 1:25

3x 50 IM swim

@ 1:15

3x Main Set – stroke is IM order by round

2x 50 Free time + stroke count

@ 1:05

2x 75 IM

@ 1:55

100 Stroke broken - 25 / 50 / 25 rest :20

@ 3:00

Post Set (if time permits)

6x 50 Choice

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