Today's Practice

total - L1:3525@1:09:05, L2:3400@1:10:25, L3:3125@1:10:30, L4:2650@1:08:20

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

300 Free

100 Kick

100 Choice

100 Free pull

Preset

total - L1:600@10:45, L2:600@11:45, L3:600@13:05, L4:600@15:20

2x 50 Kick free left side / right side

@ 1:05 1:10 1:20 1:30

2x 50 Free 6 kick switch

@ :45 :50 :55 1:05

100 Free catch-up / swim

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

2x 50 Kick back left side / right side

@ 1:05 1:10 1:20 1:30

2x 50 Stroke backstroke 6 kick switch

@ :50 :55 1:00 1:15

100 Stroke up-down-around / swim

@ 1:45 1:55 2:05 2:30

2x Main Set

total - L1:1900@34:00, L2:1900@37:10, L3:1500@31:40, L4:1150@29:30

per round - L1:950@17:00, L2:950@18:35, L3:750@15:50, L4:575@14:45

200 Stroke back / free by 25

@ 3:30 3:50 4:10(0x) 5:00(0x)

175 Free aim for goal 200 time

@ 2:35 2:55 3:10 3:45(0x)

150 Stroke 50 back / 50 free / 50 back

@ 2:35 2:50 3:05 3:45

125 Free 25 smooth / 50 fast / 25 smooth

@ 1:50 2:05 2:15 2:40

100 Stroke backstroke, feet past flags

@ 1:35 1:45 1:55 2:20

75 Free breathe 3 / 5 / 7

@ 1:05 1:15 1:20 1:35

50 Stroke backstroke fast

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

25 Free off the blocks fast

@ :50 :50 :55 1:00

50 Choice EZ

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

Lane 1 Set (L2: 0x, L4: 0x)

total - L1:125@3:20, L2:0@--, L3:125@3:45, L4:0@--

4x 25 Stroke backstroke variable

@ :40 :45 :45 :55

25 Free variable

@ :40 :40 :45 :50

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

Warmup

@ 15:00

300 Free

100 Kick

100 Choice

100 Free pull

Preset

2x 50 Kick free left side / right side

@ 1:05

2x 50 Free 6 kick switch

@ :45

100 Free catch-up / swim

@ 1:30

2x 50 Kick back left side / right side

@ 1:05

2x 50 Stroke backstroke 6 kick switch

@ :50

100 Stroke up-down-around / swim

@ 1:45

2x Main Set

200 Stroke back / free by 25

@ 3:30

175 Free aim for goal 200 time

@ 2:35

150 Stroke 50 back / 50 free / 50 back

@ 2:35

125 Free 25 smooth / 50 fast / 25 smooth

@ 1:50

100 Stroke backstroke, feet past flags

@ 1:35

75 Free breathe 3 / 5 / 7

@ 1:05

50 Stroke backstroke fast

@ 1:00

25 Free off the blocks fast

@ :50

50 Choice EZ

Post Set

4x 25 Stroke backstroke variable

@ :40 :45 :45 :55

25 Free variable

@ :40 :40 :45 :50

Warm Down (if time permits): 100 EZ

Warmup

@ 15:00

300 Free

100 Kick

100 Choice

100 Free pull

Preset

2x 50 Kick free left side / right side

@ 1:10

2x 50 Free 6 kick switch

@ :50

100 Free catch-up / swim

@ 1:40

2x 50 Kick back left side / right side

@ 1:10

2x 50 Stroke backstroke 6 kick switch

@ :55

100 Stroke up-down-around / swim

@ 1:55

2x Main Set

200 Stroke back / free by 25

@ 3:50

175 Free aim for goal 200 time

@ 2:55

150 Stroke 50 back / 50 free / 50 back

@ 2:50

125 Free 25 smooth / 50 fast / 25 smooth

@ 2:05

100 Stroke backstroke, feet past flags

@ 1:45

75 Free breathe 3 / 5 / 7

@ 1:15

50 Stroke backstroke fast

@ 1:05

25 Free off the blocks fast

@ :50

50 Choice EZ

Warm Down (if time permits): 100 EZ

Warmup

@ 15:00

300 Free

100 Kick

100 Choice

100 Free pull

Preset

2x 50 Kick free left side / right side

@ 1:20

2x 50 Free 6 kick switch

@ :55

100 Free catch-up / swim

@ 1:50

2x 50 Kick back left side / right side

@ 1:20

2x 50 Stroke backstroke 6 kick switch

@ 1:00

100 Stroke up-down-around / swim

@ 2:05

2x Main Set

175 Free aim for goal 200 time

@ 3:10

150 Stroke 50 back / 50 free / 50 back

@ 3:05

125 Free 25 smooth / 50 fast / 25 smooth

@ 2:15

100 Stroke backstroke, feet past flags

@ 1:55

75 Free breathe 3 / 5 / 7

@ 1:20

50 Stroke backstroke fast

@ 1:10

25 Free off the blocks fast

@ :55

50 Choice EZ

Post Set

4x 25 Stroke backstroke variable

@ :45

25 Free variable

@ :45

Warm Down (if time permits): 100 EZ

Warmup

@ 15:00

300 Free

100 Kick

100 Choice

100 Free pull

Preset

2x 50 Kick free left side / right side

@ 1:30

2x 50 Free 6 kick switch

@ 1:05

100 Free catch-up / swim

@ 2:10

2x 50 Kick back left side / right side

@ 1:30

2x 50 Stroke backstroke 6 kick switch

@ 1:15

100 Stroke up-down-around / swim

@ 2:30

2x Main Set

150 Stroke 50 back / 50 free / 50 back

@ 3:45

125 Free 25 smooth / 50 fast / 25 smooth

@ 2:40

100 Stroke backstroke, feet past flags

@ 2:20

75 Free breathe 3 / 5 / 7

@ 1:35

50 Stroke backstroke fast

@ 1:25

25 Free off the blocks fast

@ 1:00

50 Choice EZ

Warm Down (if time permits): 100 EZ