Today's Practice - Coach

total - L1:3150@54:00, L2:3050@56:55, L3:2950@1:00:00, L4:2950@59:55

Warmup

total - L1:700@15:00, L2:700@15:00, L3:700@15:00, L4:700@15:00

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

200 Free

200 IM drill / swim

200 Free pull

100 Kick

2x Preset

total - L1:400@7:40, L2:400@8:20, L3:400@9:10, L4:400@11:00

per round - L1:200@3:50, L2:200@4:10, L3:200@4:35, L4:200@5:30

50 Kick

@ 1:10 1:15 1:25 1:35

75 Choice Choice: Drill / DPS / Build

@ 1:15 1:25 1:30 1:55

25 Scull

@ :30 :30 :35 :40

50 Choice

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

Main Set

total - L1:1750@25:20, L2:1650@27:15, L3:1550@28:50, L4:1550@25:55

400 Free

@ 5:40 6:20 7:00 --

50 EZ

@ 1:00 1:15 1:30 1:45

2x 200 Free

@ 2:50 3:10 3:30 4:10

50 EZ

@ 1:00 1:15 1:30 1:45

4x 100 Free

@ 1:25 1:35 1:45 2:05

50 EZ

@ 1:00 1:15 1:30 1:45

8x 50 Free

@ :40 :45(6x) :50(4x) 1:00(4x)

Post Set (if time permits)

total - L1:300@6:00, L2:300@6:20, L3:300@7:00, L4:300@8:00

4x 75 Free Breathe every 3, 5, 7 strokes, by 25

@ 1:30 1:35 1:45 2:00

Today's Practice – Lane 1

Warmup

@ 15:00

200 Free

200 IM drill / swim

200 Free pull

100 Kick

2x Preset

50 Kick

@ 1:10

75 Choice Choice: Drill / DPS / Build

@ 1:15

25 Scull

@ :30

50 Choice

@ :55

Main Set

400 Free

@ 5:40

50 EZ

@ 1:00

2x 200 Free

@ 2:50

50 EZ

@ 1:00

4x 100 Free

@ 1:25

50 EZ

@ 1:00

8x 50 Free

@ :40

Post Set (if time permits)

4x 75 Free Breathe every 3, 5, 7 strokes, by 25

@ 1:30

Today's Practice – Lane 2

Warmup

@ 15:00

200 Free

200 IM drill / swim

200 Free pull

100 Kick

2x Preset

50 Kick

@ 1:15

75 Choice Choice: Drill / DPS / Build

@ 1:25

25 Scull

@ :30

50 Choice

@ 1:00

Main Set

400 Free

@ 6:20

50 EZ

@ 1:15

2x 200 Free

@ 3:10

50 EZ

@ 1:15

4x 100 Free

@ 1:35

50 EZ

@ 1:15

6x 50 Free

@ :45

Post Set (if time permits)

4x 75 Free Breathe every 3, 5, 7 strokes, by 25

@ 1:35

Today's Practice – Lane 3

Warmup

@ 15:00

200 Free

200 IM drill / swim

200 Free pull

100 Kick

2x Preset

50 Kick

@ 1:25

75 Choice Choice: Drill / DPS / Build

@ 1:30

25 Scull

@ :35

50 Choice

@ 1:05

Main Set

400 Free

@ 7:00

50 EZ

@ 1:30

2x 200 Free

@ 3:30

50 EZ

@ 1:30

4x 100 Free

@ 1:45

50 EZ

@ 1:30

4x 50 Free

@ :50

Post Set (if time permits)

4x 75 Free Breathe every 3, 5, 7 strokes, by 25

@ 1:45

Today's Practice – Lane 4

Warmup

@ 15:00

200 Free

200 IM drill / swim

200 Free pull

100 Kick

2x Preset

50 Kick

@ 1:35

75 Choice Choice: Drill / DPS / Build

@ 1:55

25 Scull

@ :40

50 Choice

@ 1:20

Main Set

50 EZ

@ 1:45

2x 200 Free

@ 4:10

50 EZ

@ 1:45

4x 100 Free

@ 2:05

50 EZ

@ 1:45

4x 50 Free

@ 1:00(4x)

Post Set (if time permits)

4x 75 Free Breathe every 3, 5, 7 strokes, by 25

@ 2:00