Today's Practice

total - L1:4200@1:10:00, L2:3900@1:11:20, L3:3800@1:13:40, L4:3300@1:16:40

Warmup

total - L1:600@10:00, L2:600@10:00, L3:600@10:00, L4:600@10:00

@ 10:00 10:00 10:00 10:00

200 Free

200 Kick / swim

200 Free pull

Drill

total - L1:400@6:40, L2:400@7:20, L3:400@8:00, L4:400@10:00

4x 100 Choice drill / swim

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

Preset

total - L1:1000@17:20, L2:1000@19:00, L3:600@12:20, L4:400@10:20

4x 25 Stroke Fly - low stroke count

@ :35 :40 :40 :50

4x 50 Stroke Backstroke

@ :50 :55 1:00 :35(25)

4x 75 Stroke breast / free / breast

@ 1:25 1:30 :30(25) :40(25)

4x 100 Free drill / swim

@ 1:30 1:40 :55(50) :30(25)

4x Main Set

total - L1:1600@25:20, L2:1600@28:00, L3:1600@30:40, L4:1600@37:20

per round - L1:400@6:20, L2:400@7:00, L3:400@7:40, L4:400@9:20

100 Stroke stroke / free / free / stroke

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

100 Stroke stroke / free / stroke / free

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

100 Stroke free / stroke / free / stroke

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

100 Stroke free / stroke / stroke / free

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

IM Set (if time permits) (L2: 0x, L4: 0x)

total - L1:300@4:20, L2:0@--, L3:300@5:20, L4:0@--

4x 75 Choice odds choice / evens IM

@ 1:05 1:15 1:20 1:45

Post Set (if time permits)

total - L1:300@6:20, L2:300@7:00, L3:300@7:20, L4:300@9:00

4x 75 Choice kick / drill / swim

@ 1:35 1:45 1:50 2:15

Today's Practice – Lane 1

Warmup

@ 10:00

200 Free

200 Kick / swim

200 Free pull

Drill

4x 100 Choice drill / swim

@ 1:40

Main Set

100s - stroke is IM order by round:

1. Stroke / free / free / stroke
2. Stroke / free / stroke / free
3. Free / stroke / free / stroke
4. Free / stroke / stroke free

4x 25 Stroke Fly - low stroke count

@ :35

4x 100 Stroke (see above)

@ 1:35

4x 50 Stroke Backstroke

@ :50

4x 100 Stroke (see above)

@ 1:35

4x 75 Stroke breast / free / breast

@ 1:25

4x 100 Stroke (see above)

@ 1:35

4x 100 Free drill / swim

@ 1:30

4x 100 Stroke (see above)

@ 1:35

IM Set (if time permits)

4x 75 Choice odds choice / evens IM

@ 1:05

Post Set (if time permits)

4x 75 Choice kick / drill / swim

Today's Practice – Lane 2

Warmup

@ 10:00

200 Free

200 Kick / swim

200 Free pull

Drill

4x 100 Choice drill / swim

@ 1:50

Main Set

100s - stroke is IM order by round:

1. Stroke / free / free / stroke
2. Stroke / free / stroke / free
3. Free / stroke / free / stroke
4. Free / stroke / stroke free

4x 25 Stroke Fly - low stroke count

@ :40

4x 100 Stroke (see above)

@ 1:45

4x 50 Stroke Backstroke

@ :55

4x 100 Stroke (see above)

@ 1:45

4x 75 Stroke breast / free / breast

@ 1:30

4x 100 Stroke (see above)

@ 1:45

4x 100 Free drill / swim

@ 1:40

4x 100 Stroke (see above)

@ 1:45

Post Set (if time permits)

4x 75 Choice kick / drill / swim

Today's Practice – Lane 3

Warmup

@ 10:00

200 Free

200 Kick / swim

200 Free pull

Drill

4x 100 Choice drill / swim

@ 2:00

Main Set

100s - stroke is IM order by round:

1. Stroke / free / free / stroke
2. Stroke / free / stroke / free
3. Free / stroke / free / stroke
4. Free / stroke / stroke free

4x 25 Stroke Fly - low stroke count

@ :40

4x 100 Stroke (see above)

@ 1:55

4x 50 Stroke Backstroke

@ 1:00

4x 100 Stroke (see above)

@ 1:55

4x 25 Stroke breast – low stroke count

@ :30

4x 100 Stroke (see above)

@ 1:55

4x 50 Free drill / swim

@ :55

4x 100 Stroke (see above)

@ 1:55

IM Set (if time permits)

4x 75 Choice odds choice / evens IM

@ 1:20

Post Set (if time permits)

4x 75 Choice kick / drill / swim

Today's Practice

Warmup

@ 10:00

200 Free

200 Kick / swim

200 Free pull

Drill

4x 100 Choice drill / swim

@ 2:30

Main Set

100s - stroke is IM order by round:

1. Stroke / free / free / stroke
2. Stroke / free / stroke / free
3. Free / stroke / free / stroke
4. Free / stroke / stroke free

4x 25 Stroke Fly - low stroke count

@ :50

4x 100 Stroke (see above)

@ 2:20

4x 25 Stroke Backstroke - low stroke count

@ :35

4x 100 Stroke (see above)

@ 2:20

4x 25 Stroke Breaststroke - low stroke count

@ :40

4x 100 Stroke (see above)

@ 2:20

4x 25 Free - low stroke count

@ :30

4x 100 Stroke (see above)

@ 2:20

Post Set (if time permits)

4x 75 Choice kick / drill / swim