Today's Practice

total - L1:2600@51:50, L2:2600@55:50, L3:2600@59:10, L4:2050@56:00

Warmup

total - L1:500@15:00, L2:500@15:00, L3:500@15:00, L4:500@15:00

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

200 Free

100 IM

100 Free pull

100 Kick

2x Preset

total - L1:700@13:00, L2:700@14:30, L3:700@15:40, L4:700@18:40

per round - L1:350@6:30, L2:350@7:15, L3:350@7:50, L4:350@9:20

100 Kick

@ 2:00 2:10 2:30 2:50

3x 50 Free 1. left arm / right arm, 2. catch up, 3. fingertip drag

@ :50 :55 1:00 1:10

4x 25 Choice 1. fast / ez, 2. ez / fast, 3. ez, 4. fast

@ :30 :35 :35 :45

2x Main Set (L4: 1x)

total - L1:1100@17:30, L2:1100@19:20, L3:1100@21:10, L4:550@13:20

per round - L1:550@8:45, L2:550@9:40, L3:550@10:35, L4:550@13:20

100 Choice smooth

@ 1:30 1:40 1:50 2:20

100 Choice 75 smooth / 25 fast

@ 1:30 1:40 1:50 2:20

100 Choice 50 smooth / 50 fast

@ 1:30 1:40 1:50 2:20

100 Choice 25 smooth / 75 fast

@ 1:30 1:40 1:50 2:20

50 Choice easy

@ :45 :50 :55 1:10

100 Choice all-out

@ 2:00 2:10 2:20 2:50

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

@ 15:00

200 Free

100 IM

100 Free pull

100 Kick

2x Preset

100 Kick

@ 2:00

3x 50 Free

1. left arm / right arm, 2. catch up, 3. fingertip drag

@ :50

4x 25 Choice

1. fast / ez, 2. ez / fast, 3. ez, 4. fast

@ :30

2x Main Set

100 Choice smooth

@ 1:30

100 Choice 75 smooth / 25 fast

@ 1:30

100 Choice 50 smooth / 50 fast

@ 1:30

100 Choice 25 smooth / 75 fast

@ 1:30

50 Choice easy

100 Choice all-out

@ 2:00

Post Set (if time permits)

4x 75 Choice kick / drill / swim

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

Today's Practice – Lane 2

Warmup

@ 15:00

200 Free

100 IM

100 Free pull

100 Kick

2x Preset

100 Kick

@ 2:10

3x 50 Free

1. left arm / right arm, 2. catch up, 3. fingertip drag

@ :55

4x 25 Choice

1. fast / ez, 2. ez / fast, 3. ez, 4. fast

@ :35

2x Main Set

100 Choice smooth

@ 1:40

100 Choice 75 smooth / 25 fast

@ 1:40

100 Choice 50 smooth / 50 fast

@ 1:40

100 Choice 25 smooth / 75 fast

@ 1:40

50 Choice easy

@ :50

100 Choice all-out

@ 2:10

Post Set (if time permits)

4x 75 Choice kick / drill / swim

Today's Practice – Lane 3

Warmup

@ 15:00

200 Free

100 IM

100 Free pull

100 Kick

2x Preset

100 Kick

@ 2:30

3x 50 Free

1. left arm / right arm, 2. catch up, 3. fingertip drag

@ 1:00

4x 25 Choice

1. fast / ez, 2. ez / fast, 3. ez, 4. fast

@ :35

2x Main Set

100 Choice smooth

@ 1:50

100 Choice 75 smooth / 25 fast

@ 1:50

100 Choice 50 smooth / 50 fast

@ 1:50

100 Choice 25 smooth / 75 fast

@ 1:50

50 Choice easy

@ :55

100 Choice all-out

@ 2:20

Post Set (if time permits)

4x 75 Choice kick / drill / swim

Today's Practice – Lane 4

Warmup

@ 15:00

200 Free

100 IM

100 Free pull

100 Kick

2x Preset

100 Kick

@ 2:50

3x 50 Free

1. left arm / right arm, 2. catch up, 3. fingertip drag

@ 1:10

4x 25 Choice

1. fast / ez, 2. ez / fast, 3. ez, 4. fast

@:45

1x Main Set

100 Choice smooth

@ 2:20

100 Choice 75 smooth / 25 fast

@ 2:20

100 Choice 50 smooth / 50 fast

@ 2:20

100 Choice 25 smooth / 75 fast

@ 2:20

50 Choice easy

@ 1:10

100 Choice all-out

@ 2:50

Post Set (if time permits)

4x 75 Choice kick / drill / swim