Today's Practice

total - L1:4300@1:11:00, L2:4100@1:13:50, L3:3600@1:10:50, L4:3200@1:13:50

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

100 IM

200 Free pull

100 Kick

2x Preset

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

per round - L1:200@3:40, L2:200@4:00, L3:200@4:20, L4:200@5:20

50 Choice count strokes per 25

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

50 Choice stroke count minus 1

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

50 Choice stroke count minus 2

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

50 Choice Fast! Try to hold original stroke count

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

2x Main Set

total - L1:3000@42:40, L2:2800@44:20, L3:2300@40:10, L4:1900@39:40

per round - L1:1500@21:20, L2:1400@22:10, L3:1150@20:05, L4:950@19:50

5x 100 Free

@ 1:30 1:40(4x) 1:50(4x) 2:10(3x)

4x 100 Free

@ 1:25 1:35 1:45(3x) 2:05(3x)

3x 100 Free

@ 1:20 1:30 1:40(2x) 2:00(2x)

2x 100 Free

@ 1:15 1:25 1:35 1:55(1x)

100 Free easy

@ 1:40 1:50 1:00(50) 1:10(50)

Post Set (if time permits)

total - L1:300@6:00, L2:300@6:30, L3:300@7:00, L4:300@8:30

3x 100 Choice drill / swim

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

Today's Practice – Lane 1

Warmup

@ 15:00

200 Free

100 IM

200 Free pull

100 Kick

2x Preset

50 Choice count strokes per 25

@ :55

50 Choice stroke count minus 1

@ :55

50 Choice stroke count minus 2

@ :55

50 Choice Fast! Original stroke count

@ :55

2x Main Set

5x 100 Free

@ 1:30

4x 100 Free

@ 1:25

3x 100 Free

@ 1:20

2x 100 Free

@ 1:15

100 Free easy

@ 1:40

Post Set (if time permits)

3x 100 Choice drill / swim

Today's Practice – Lane 2

Warmup

@ 15:00

200 Free

100 IM

200 Free pull

100 Kick

2x Preset

50 Choice count strokes per 25

@ 1:00

50 Choice stroke count minus 1

@ 1:00

50 Choice stroke count minus 2

@ 1:00

50 Choice Fast! Original stroke count

@ 1:00

2x Main Set

4x 100 Free

@ 1:40

4x 100 Free

@ 1:35

3x 100 Free

@ 1:30

2x 100 Free

@ 1:25

100 Free easy

@ 1:50

Post Set (if time permits)

3x 100 Choice drill / swim

Today's Practice – Lane 3

Warmup

@ 15:00

200 Free

100 IM

200 Free pull

100 Kick

2x Preset

50 Choice count strokes per 25

@ 1:05

50 Choice stroke count minus 1

@ 1:05

50 Choice stroke count minus 2

@ 1:05

50 Choice Fast! Original stroke count

@ 1:05

2x Main Set

4x 100 Free

@ 1:50

3x 100 Free

@ 1:45

2x 100 Free

@ 1:40

2x 100 Free

@ 1:35

50 Free easy

@ 1:00

Post Set (if time permits)

3x 100 Choice drill / swim

Today's Practice – Lane 4

Warmup

@ 15:00

200 Free

100 IM

200 Free pull

100 Kick

2x Preset

50 Choice count strokes per 25

@ 1:20

50 Choice stroke count minus 1

@ 1:20

50 Choice stroke count minus 2

@ 1:20

50 Choice Fast! Original stroke count

@ 1:20

2x Main Set

3x 100 Free

@ 2:10

3x 100 Free

@ 2:05

2x 100 Free

@ 2:00

1x 100 Free

@ 1:55

50 Free easy

@ 1:10

Post Set (if time permits)

3x 100 Choice drill / swim