Today's Practice

total - L1:2800@55:20, L2:2800@59:20, L3:2700@59:20, L4:2200@58:30

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

Pre Set

total - L1:600@10:00, L2:600@11:00, L3:600@12:00, L4:600@15:00

2x 100 Choice kick / swim / drill / swim

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

2x 100 Choice drill / swim

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

2x 100 Choice build

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

Main Set

total - L1:1200@20:10, L2:1200@22:10, L3:1200@24:30, L4:600@14:40

300 Free breathe 3 / 5 / 7 by 25

@ 4:30 5:00 5:30 3:15(150)

6x 50 Choice drill / swim

@ :50 :55 1:00 1:15(3x)

200 Free pull

@ 3:00 3:20 3:40 2:10(100)

4x 50 Choice pull, descend

@ :50 :55 1:00 1:15(2x)

100 Kick

@ 2:10 2:20 2:40 1:30(50)

2x 50 Kick kick

@ 1:05 1:10 1:20 1:30(1x)

Post Set (if time permits)

total - L1:400@10:10, L2:400@11:10, L3:300@7:50, L4:400@13:50

8x 25 Choice odds - max underwater, even - backstroke

@ :50 :55 :55(4x) 1:05

200 Choice drill / swim

@ 3:30 3:50 4:10 5:10

Today's Practice – Lane 4

Warmup

200 Free

100 IM

200 Free pull

100 Kick

Pre Set

2x 100 Choice kick / swim / drill / swim

@ 2:30

2x 100 Choice drill / swim

@ 2:30

2x 100 Choice build

@ 2:30

Main Set

150 Free breathe 3 / 5 / 7 by 25

@ 3:15

3x 50 Choice drill / swim

@ 1:15

100 Free pull

@ 2:10

2x 50 Choice pull, descend

@ 1:15

50 Kick

@ 1:30

1x 50 Kick kick

@ 1:30

Post Set (if time permits)

8x 25 Choice odds - max underwater,

even - backstroke

200 Choice drill / swim

Today's Practice – Lane 1

Warmup

200 Free

100 IM

200 Free pull

100 Kick

Pre Set

2x 100 Choice kick / swim / drill / swim

@ 1:40

2x 100 Choice drill / swim

@ 1:40

2x 100 Choice build

@ 1:40

Main Set

300 Free breathe 3 / 5 / 7 by 25

@ 4:30

6x 50 Choice drill / swim

@ :50

200 Free pull

@ 3:00

4x 50 Choice pull, descend

@ :50

100 Kick

@ 2:10

2x 50 Kick kick

@ 1:05

Post Set (if time permits)

8x 25 Choice odds - max underwater,

even - backstroke

200 Choice drill / swim

Today's Practice – Lane 2

Warmup

200 Free

100 IM

200 Free pull

100 Kick

Pre Set

2x 100 Choice kick / swim / drill / swim

@ 1:50

2x 100 Choice drill / swim

@ 1:50

2x 100 Choice build

@ 1:50

Main Set

300 Free breathe 3 / 5 / 7 by 25

@ 5:00

6x 50 Choice drill / swim

@ :55

200 Free pull

@ 3:20

4x 50 Choice pull, descend

@ :55

100 Kick

@ 2:20

2x 50 Kick kick

@ 1:10

Post Set (if time permits)

8x 25 Choice odds - max underwater,

even - backstroke

200 Choice drill / swim

Today's Practice – Lane 3

Warmup

200 Free

100 IM

200 Free pull

100 Kick

Pre Set

2x 100 Choice kick / swim / drill / swim

@ 2:00

2x 100 Choice drill / swim

@ 2:00

2x 100 Choice build

@ 2:00

Main Set

300 Free breathe 3 / 5 / 7 by 25

@ 5:30

6x 50 Choice drill / swim

@ 1:00

200 Free pull

@ 3:40

4x 50 Choice pull, descend

@ 1:00

100 Kick

@ 2:40

2x 50 Kick kick

@ 1:20

Post Set (if time permits)

8x 25 Choice odds - max underwater,

even - backstroke

200 Choice drill / swim