Today's Practice

total - L1:2700@54:40, L2:2700@58:10, L3:2500@58:40, 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

2x Kick Set (L4: 1x)

total - L1:600@11:40, L2:600@12:40, L3:600@14:40, L4:300@8:20

per round - L1:300@5:50, L2:300@6:20, L3:300@7:20, L4:300@8:20

100 Kick / swim

@ 1:50 2:00 2:20 2:40

4x 50 Kick descend 1-4

@ 1:00 1:05 1:15 1:25

2x Main Set

total - L1:1200@22:00, L2:1200@24:00, L3:1000@22:00, L4:1000@26:40

per round - L1:600@11:00, L2:600@12:00, L3:500@11:00, L4:500@13:20

200 IM drill / swim

@ 3:40 4:00 2:20(100) 2:40(100)

4x 50 Choice descend 1-4

@ :45 :50 :55 1:10

2x 100 Choice 75 moderate / rest 0:20 / 25 fast

@ 2:10 2:20 2:30 3:00

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 1 - kick / swim, 2 - drill / swim, 3 - 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 Kick Set

100 Kick / swim

@ 1:50

4x 50 Kick descend 1-4

@ 1:00

2x Main Set

200 IM drill / swim

@ 3:40

4x 50 Choice descend 1-4

@ :45

2x 100 Choice 75 moderate / rest 0:20 / 25 fast

@ 2:10

Post Set (if time permits)

3x 100 Choice

1 - kick / swim

2 - drill / swim

3 - swim

Today's Practice – Lane 2

Warmup

@ 15:00

200 Free

100 IM

200 Free pull

100 Kick

2x Kick Set

100 Kick / swim

@ 2:00

4x 50 Kick descend 1-4

@ 1:05

2x Main Set

200 IM drill / swim

@ 4:00

4x 50 Choice descend 1-4

@ :50

2x 100 Choice 75 moderate / rest 0:20 / 25 fast

@ 2:20

Post Set (if time permits)

3x 100 Choice

1 - kick / swim

2 - drill / swim

3 - swim

Today's Practice – Lane 3

Warmup

@ 15:00

200 Free

100 IM

200 Free pull

100 Kick

2x Kick Set

100 Kick / swim

@ 2:20

4x 50 Kick descend 1-4

@ 1:15

2x Main Set

100 IM drill / swim

@ 2:20

4x 50 Choice descend 1-4

@ :55

2x 100 Choice 75 moderate / rest 0:20 / 25 fast

@ 2:30

Post Set (if time permits)

3x 100 Choice

1 - kick / swim

2 - drill / swim

3 - swim

Today's Practice – Lane 4

Warmup

@ 15:00

200 Free

100 IM

200 Free pull

100 Kick

1x Kick Set

100 Kick / swim

@ 2:40

4x 50 Kick descend 1-4

@ 1:25

2x Main Set

100 IM drill / swim

@ 2:40

4x 50 Choice descend 1-4

@ 1:10

2x 100 Choice 75 moderate / rest 0:20 / 25 fast

@ 3:00

Post Set (if time permits)

3x 100 Choice

1 - kick / swim

2 - drill / swim

3 - swim