Today's Practice

total - L1:3275@58:25, L2:3275@1:02:50, L3:2950@1:03:10, L4:2450@59:00

Warmup

total - L1:700@15:00, L2:700@15:00, L3:700@15:00, L4:700@15:00

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

300 Free

2x 100 Kick / swim

4x 50 Free pull

2x Pre Set (L4: 1x)

total - L1:1000@16:40, L2:1000@18:20, L3:1000@21:40, L4:500@12:30

per round - L1:500@8:20, L2:500@9:10, L3:500@10:50, L4:500@12:30

4x 50 IM order drill

@ :50 :55 1:05 1:15

3x 100 IM

@ 1:40 1:50 2:10 2:30

Main Set

total - L1:1275@20:45, L2:1275@23:00, L3:950@19:30, L4:950@23:00

300 IM kick / drill / swim

@ 5:45 6:15 4:50(200) 5:30(200)

3x 100 Free strong

@ 1:15 1:25 1:35(2x) 1:55(2x)

200 IM

@ 3:20 3:40 4:20 5:00

3x 75 Stroke breaststroke

@ 1:20 1:30 1:35(2x) 1:55(2x)

100 IM

@ 1:40 1:50 2:10 2:30

3x 50 Stroke backstroke

@ :45 :50 :55(2x) 1:10(2x)

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

300 Free

2x 100 Kick / swim

4x 50 Free pull

2x Pre Set

4x 50 IM order drill

@ :50

3x 100 IM

@ 1:40

Main Set

300 IM kick / drill / swim

@ 5:45

3x 100 Free strong

@ 1:15

200 IM

@ 3:20

3x 75 Stroke breaststroke

@ 1:20

100 IM

@ 1:35

3x 50 Stroke backstroke

@ :45

Post Set (if time permits)

3x 100 Choice 1 - kick / swim,

2 - drill / swim,

3 - swim

Today's Practice – Lane 2

Warmup

@ 15:00

300 Free

2x 100 Kick / swim

4x 50 Free pull

2x Pre Set

4x 50 IM order drill

@ :55

3x 100 IM

@ 1:50

Main Set

300 IM kick / drill / swim

@ 6:15

3x 100 Free strong

@ 1:25

200 IM

@ 3:40

3x 75 Stroke breaststroke

@ 1:30

100 IM

@ 1:45

3x 50 Stroke backstroke

@ :50

Post Set (if time permits)

3x 100 Choice 1 - kick / swim,

2 - drill / swim,

3 - swim

Today's Practice – Lane 3

Warmup

@ 15:00

300 Free

2x 100 Kick / swim

4x 50 Free pull

2x Pre Set

4x 50 IM order drill

@ 1:05

3x 100 IM

@ 2:10

Main Set

200 IM drill / swim

@ 4:50

2x 100 Free strong

@ 1:35

200 IM

@ 4:20

2x 75 Stroke breaststroke

@ 1:35

100 IM

@ 2:05

2x 50 Stroke backstroke

@ :55

Post Set (if time permits)

3x 100 Choice 1 - kick / swim,

2 - drill / swim,

3 - swim

Today's Practice – Lane 4

Warmup

@ 15:00

300 Free

2x 100 Kick / swim

4x 50 Free pull

1x Pre Set

4x 50 IM order drill

@ 1:15

3x 100 IM

@ 2:30

Main Set

200 IM kick / drill / swim

@ 5:30

2x 100 Free strong

@ 1:55

200 IM

@ 5:00

2x 75 Stroke breaststroke

@ 1:55

100 IM

@ 2:25

2x 50 Stroke backstroke

@ 1:10

Post Set (if time permits)

3x 100 Choice 1 - kick / swim,

2 - drill / swim,

3 - swim