Today's Practice

total - L1:3250@57:20, L2:2850@54:30, L3:2850@58:10, L4:2450@57:40

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

Preset

total - L1:550@9:40, L2:550@10:50, L3:550@11:30, L4:550@14:00

2x 100 Free feet past flags on all turns

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

2x 75 Choice kick / drill / swim

@ 1:15 1:25 1:30 1:55

2x 50 Free 3 turn

@ :45 :50 :55 1:05

4x 25 Choice push off the wall as long as possible

@ :40 :45 :45 :55

Main Set

total - L1:1800@27:40, L2:1400@23:20, L3:1400@26:00, L4:1000@22:00

4x 100 Free DPS

@ 1:30 1:40 1:50 1:35(75)

4x 100 Free 40 strong / 60 fast

@ 1:25 1:35 1:45 1:30(75)

4x 75 Choice DPS

@ 1:15 1:20 1:30 1:15(50)

4x 75 Choice 25 build / 50 fast

@ 1:10 1:15 1:25 1:10(50)

4x 50 Choice DPS descend 1-4

@ :50 --(0) --(0) --(0)

4x 50 Choice fast hold stroke count

@ :45 --(0) --(0) --(0)

Post Set (if time permits)

total - L1:200@5:00, L2:200@5:20, L3:200@5:40, L4:200@6:40

4x 50 Choice odds - scull / swim, evens - drill / swim

@ 1:15 1:20 1:25 1:40