Today's Practice

total - L1:3150@55:10, L2:3150@59:20, L3:2950@59:20, L4:2550@1:01:00

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

3x Preset

total - L1:750@13:30, L2:750@15:00, L3:750@16:00, L4:750@20:00

per round - L1:250@4:30, L2:250@5:00, L3:250@5:20, L4:250@6:40

100 Choice 50 kick / 50 swim

@ 1:50 2:00 2:10 2:40

75 Choice 50 drill / 25 swim

@ 1:20 1:30 1:35 2:00

50 Choice swim

@ :50 :55 1:00 1:15

25 Choice fast

@ :30 :35 :35 :45

4x Main Set

total - L1:1400@20:40, L2:1400@23:00, L3:1200@21:20, L4:800@18:00

per round - L1:350@5:10, L2:350@5:45, L3:300@5:20, L4:200@4:30

2x 100 Free

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

3x 50 Choice descend each round

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

Post Set (if time permits)

total - L1:300@6:00, L2:300@6:20, L3:300@7:00, L4:300@8:00

4x 75 Free breathe every 3, 5, 7

@ 1:30 1:35 1:45 2:00