Today's Practice

total - L1:3200@57:20, L2:3200@1:01:40, L3:2700@56:00, L4:2400@57:30

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 Preset (L3: 1x, L4: 1x)

total - L1:1000@17:20, L2:1000@19:20, L3:500@11:00, L4:500@13:00

per round - L1:500@8:40, L2:500@9:40, L3:500@11:00, L4:500@13:00

4x 50 Choice drill / swim

@ :50 :55 1:00 1:15

4x 75 IM stroke / free / stroke (IMO)

@ 1:20 1:30 1:45 2:00

Main Set

total - L1:1200@19:00, L2:1200@21:00, L3:1200@23:00, L4:900@21:30

300 Free

@ 4:30 5:00 5:30 --(0)

4x 75 Choice

@ 1:10 1:15 1:25 1:45

200 Free

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

4x 50 Choice

@ :50 :55 1:00 1:15

100 Free

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

4x 25 Choice

@ :30 :35 :35 :45

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