

Thursday, October 19, 2023

Yards	Time	Set	Interval
1000	20	Warm up: 300 swim 200 kick 300 (3x100 IM continuous) 4 x 50 choice drill/swim	R:20
400	8	Pre set (2 rounds): 3 x 50 Free <i>25 catch up, 25 swim</i> 2 x 25 @ 200 pace	1:00 :30
1200	20	Main set: 8 x 150 Free @ 200 pace <i>odds: 3/5/3 hypo by 50</i> <i>evens: 7/5/3 hypo by 50</i> <i>hypo = breathe every x strokes</i> <i>Should be getting short to moderate rest (10-20 seconds)</i> <u><i>Focus on the breathing pattern</i></u>	1:50/2:00/2:15/2:30
200	4	200 easy	
400	8	Post set: 8 x 50 <i>odds: UW as far as you can each wall, then fly swim</i> <i>evens: 6 fast UW kicks w/ good breakout each wall, your choice of stroke</i>	1:00
100	3	100 easy Starts/Turns (optional)	
3300	63		