

Thursday, October 5, 2023

Yards	Time	Set	Interval
1000	18	Warm up: 300 Free 200 kick 200 IM d/s 4 x 75 swim <i>odds: Back/Free/Back</i> <i>evens: Breast/Free/Breast</i>	R:20 1:15/1:20
400	8	Pre set (2 rounds): 2 x 50 drill/swim 4 x 25 v-sprint <i>round 1: Free</i> <i>round 2: non-Free</i>	1:00 :30
1250	25	Main set: 25 x 50 primary swim <i>Pattern:</i> 1 fast, 3 easy 2 fast, 2 easy 3 fast, 1 easy 4 fast 1 easy, 3 fast 1 easy, 2 fast 1 easy, 1 fast Best average on the fast ones <i>Suggestion: stick with the same stroke on fast IMers, pick one stroke to work on</i>	1:00
200	4	200 easy	
600	17	UW set (2 rounds): 8 x 25 UW kick 2 w/ high amplitude 2 w/ high frequency 2 w/ high amplitude 2 sprint (big hips, strong core) extra :30 rest 2 x 50 fly w/ 6+ UW each wall	:45 1:00
200	4	Warm down: 4 x 50 easy <i>odds: Back</i> <i>evens: Free</i>	R:15
3650	76		