

Thursday, November 2, 2023

Yards	Time	Set	Interval
900	18	Warm up: 300 swim 200 kick 200 FRIM 100 kick 4 x 25 Free (3 or less BPL)	R:20
500	10	Pre set (2 rounds): 3 x 50 choice drill/swim 4 x 25 choice swim <i>odds: build to a flip</i> <i>evens: fast breakout + 4 cycles fast</i>	1:00 :30
500	12	Main set: From a push, all choice: 100 (75 build, 25 sprint) 2 x 50 (25 build, 25 sprint) <i>2:00 rest</i> From a dive, all choice: 75 (50 build, 25 sprint) 50 (25 build, 25 sprint) 25 sprint 150 easy	2:30 1:15 2:00 3:00 2:00 1:00
400	10	Kick set: 8 x 50 kick <i>odds: easy</i> <i>evens: fast/easy</i>	1:00/1:15
100	3	100 easy Starts/turns	
2400	53		