

Friday, November 3, 2023

Yards	Time	Set	Interval
1000	20	Warm up: 200 Free 200 Back/Breast by 25 200 kick 4 x 50 drill/swim IMO 8 x 25 v-sprint choice	R:15
500	9	Pre set: 4 x 75 Free <i>3/4/5 UW each wall</i> 4 x 50 choice <i>fast inside flags (start, turn, finish)</i>	1:05/1:10/1:15 :50/:55/1:00
400	14	Main set (2 rounds): 4 x 25 race pace <i>or</i> 2 x 50 race pace 100 easy	1:00 2:00 R:1:00
600	10	Bonus set: 6 x 100 (50 easy/50 moderate) <i>odds: kick</i> <i>evens: swim</i>	R:10-15
200	5	Warm down: 8 x 25 Free (3/2/1/0 or 4/3/2/1 BPL)	:35
2100 (2700)	48 (58)		