

11/1/2023

Warm-Up

200 swim
 200 pull
 200 kick
 200 swim

800

Pre-main

4x 75 +:30
 1- kick, drill, swim
 2- swim, build, fast
 3- fast, kick, drill
 4- easy, AO, easy
 4x 50 VS 1:00
 8x 25 :30
 odds: UW
 evens: scull

700

Main

NF - non free

350 NF +1:00
 150 main kick no board [75%]
 100 main drill
 100 main swim [desc. by 25]
 300 :free chart
 250 NF +1:00
 100 main kick [60%]
 75 main breakout by 25
 75 main [200 pace]
 2x 200 :free chart
 150 NF +1:00
 50 kick [50%]
 50 main [15yrd streamline]
 50 main [100 pace]
 100 :free chart
 50 :main, NF OTB chart
 2x 25 :free AO :25

	G0	G1	G2	G3	G4	G5
50						
FL	24	26	29	32	35	else
BK	26	28	32	34	37	else
BS	29	34	36	38	42	else
100						
FR	1:30	1:35	1:40	1:45	1:50	else
200 x2						
FR	2:50	2:55	3:00	3:05	3:15	else
300						
FR	4:30	4:45	4:55	5:05	5:25	else

1650

Warm-down

100 easy

100

Total

3250