

**11/8/2023: Non-Regionals**

**Warm-Up**

	200	swim	
4x	50	kick IMO	:50/1:00
8x	25	drill IMO	:25/:30
	200	pull	
			<hr/>
			800

**Main**

	75	KDS IMO	+ :10
3x {	75	Stroke descend by 25, IMO	+ :30
4x	150	100 free/50 stroke, descend 1-4	+ :15
			<hr/>
			1050
2x	200	kick, moderate	+ :30
6x	100	free [400 pace], x2: 3/5/7	+ :15/30
8x	50		+ :20/:30
		evens: UW dolphin kick	
		odds: 15 yrd streamline + 3 fast strokes	
10x	25		+ :15/:25
		evens: UW	
		odds: breakouts	
			<hr/>
			1650

**Warm-Down**

	100	easy	
			<hr/>
			100
			<hr/>
<u>Total</u>			<u>3600</u>

**11/8/2023: Regionals****Warm-Up**

	300	swim	
4x	50	drill	+:15
4x	50	kick	+:15
12x	25	built/fast/easy	+:30

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1000

**Main**

1x	300	free pull	
		-2x: 100 moderate/50 fast	
5x	100	[moderate pace]	
		1- all free	+:5
		2- 25 stroke/75 free	+:10
		3- 50 stroke/50 free	+:15
		4- 25 stroke/75 free	+:20
		5- IM or Stroke, fast	

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800

4x	25	kick fast	+:10
1x	50	easy	1:00
4x	25	swim fast	:30
1x	100	easy	2:00
4x	100	by 25:	1:45/2:00
		1-2: breakouts	
		3-4: fast turn/finish	
1x	300	free 3/5/3-5 [800 pace]	

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1100

**Warm-Down**

100	easy	
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100

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**Total** 3000