

Thursday, November 9, 2023 - Non-Regionals

Yards	Time	Set	Interval
900	18	Warm up: 300 swim 200 kick 100 IM 4 x 50 non-free D1-4 4 x 25 choice v-sprint	R:20  1:00 :30
500	10	Pre set: 6 x 50 IM switch (1: FL/BA, 2: BA/BR, 3: BR/FR) 8 x 25 IMO (1 each stroke, repeat)	:50/:55  :30
1800	30	Main set: 1 x 100 Free 200 IM 2 x 100 Free 200 IM 3 x 100 Free 200 IM 4 x 100 Free 200 IM	1:30/1:35/1:40 3:00/3:15/3:30 1:20/1:25/1:30 3:00/3:15/3:30 1:15/1:20/1:25 3:00/3:15/3:30 1:10/1:15/1:20 3:00/3:15/3:30
100	3	100 easy	
300	6	Kick set: 4 x 75 kick <i>odds: easy/fast/easy by 25</i> <i>evens: fast/easy/fast by 25</i>	1:10/1:20/1:30
200	5	Warm down: 2 x 50 easy 4 x 25 easy	5 breaths (slow the HR)
3800	72		