

Thursday, November 9, 2023 - 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
400	10	Pre set: 8 x midpool 25s <i>1-4) free (2 dive turns, 2 regular)</i> <i>5-8) choice</i> 4 x 50 choice <i>25 build, 25 2 cycles fast then easy</i>	:40 1:00
600	22	Main set: 3 x 100 kick <i>50 easy, 50 moderate</i> 1 x 50 easy 4 x 25 from a push <i>odds: first 1/2 sprint</i> <i>evens: sprint</i> 1 x 50 easy 4 x 25 from a dive <i>odds: build to a flip</i> <i>evens: sprint</i>	2:15 1:30 1:00 1:30 2:00
200	5	Warm down: 2 x 50 easy 4 x 25 easy Starts, relay exchanges	5 breaths (slow the HR)
2100	55		