

Thursday, January 11th, 2024			
Yards	Time	Set	Interval
1100	20	Warm up: 400 swim 200 kick 200 IM d/s 6 x 50 D 1-3 <i>3 Free, 3 non-Free</i>	1:00
2100	32	Main set: 2 x 400 negative split (easy/moderate) 3 x 200 negative split (easy/fast) 4 x 100 (75 build, 25 easy) 6 x 50 (25 fast, 25 easy)	5:20/5:40/6:00 2:45/3:00/3:15 1:20/1:30 :50/1:00
600	14	Kick set: 4 x 150 kick <i>odds: 50 fast, 50 easy, 50 fast</i> <i>evens: 100 fast, 50 easy</i>	3:00/3:15/3:30
200	4	Warm down: 8 x 25 easy <i>4/3/2/1 BPL, 2x through</i>	R:10
4000	70		

