

Friday, January 26, 2024 - Sprint

Yards	Time	Set	Interval
800	16	Warm up: 300 swim 200 kick 100 IM 4 x 50 drill/swim <i>odds: free</i> <i>evens: non-free</i>	R:20 1:00
450	9	Pre set (3 rounds): 1 x 75 Free moderate (4-6 UW each wall) 1 x 50 Free (25 easy, 25 build) 1 x 25 Free (4 UW kicks then 3 cycles sprint)	1:10/1:20 :50/1:00 :30
800	22	Main set (2 rounds): 1 x 50 build to sprint 2 x 25 sprint 50 easy 2 x 75 sprint 100 easy	1:00 :25 2:00 2:00 3:00
600	14	Kick set: 4 x 100 kick (50 easy, 50 fast) 4 x 50 kick (25 easy, 25 fast)	2:00/2:15 1:00/1:10
100	3	Warm down: 100 easy swim	
2750	64		