

Saturday, January 27, 2024 - Meet Prep

Yards	Time	Set	Interval
800	14	Warm up: 200 free 200 kick 200 alt. free/non free by 25 8 x 25 <i>odds: build to a <u>fast</u> flip</i> <i>evens: 15 fast, 35 easy</i>	:30
800	18	Main set: 2 rounds (different stroke each round) 2 x 25 drill 50 build 2 x 25 (4 UW kicks then 4 cycles fast) 50 easy 2 x 50 race pace <i>or</i> 4 x 25 race pace 100 easy	:30 1:00 :30 1:00 1:20 :40 2:00
300	6	Warm down: 6 x 50 <i>odds: kick</i> <i>evens: swim</i>	1:00
1900	38		