

2/22/24

Pre-Meet Warm-Up (at least 1000)

Sample:

- 300 swim
- 200 kick
- 100 IM drill
- 4x50 VS @1:00
- 4x25 fast @:45
- 100 easy

4x200 @3:00 descend

Breathe every 2/4/6/8 by 50

100 casual kick

3x (3x50 @:40 200 pace finish on turn
2x25 @:30 AO
100 IM drill)

4x (50 stroke IM order by round @1:00
100 prime @1:45/2:00 8 kicks or 2
pull
outs off each wall)

100 cool down

3500 yards

Optional Set:

6x100 kick @2:00 BA

4100 yards