

Coach Vic SCY Wed AM

Wednesday, 12/19/2018

12/19 4,300 Total average set length for the practice: 3 mins. Avg. intensity: Avg. 100 interval: 1:53				
Mins	Dist		Stroke / Equipment	/100
	400	1 x	1 x 400 Warmup	
	800	1 x	1 x 400 Kick	
	1200	1 x	1 x 400 Pull	
5	1400	1 x	4 x 50 Free @ 0:45	1:30
10	1600	1 x	4 x 50 Stroke @ 0:50	1:40
15	1800	1 x	4 x 50 Free @ 0:45	1:30
20	2000	1 x	4 x 50 IM Order @ 0:50	1:40
23	2050	1 x	1 x 50 Stroke - 25 Drill + 25 Swim @ 1:0	2:00
27	2150	1 x	1 x 100 Stroke - 25 Drill + 25 Swim @ 2:0	2:00
32	2300	1 x	1 x 150 Stroke - 25 Drill + 25 Swim @ 3:0	2:00
42	2700	1 x	2 x 200 Stroke - 25 Drill + 25 Swim @ 4:0	2:00
47	2850	1 x	1 x 150 Stroke - 25 Drill + 25 Swim @ 3:0	2:00
51	2950	1 x	1 x 100 Stroke - 25 Drill + 25 Swim @ 2:0	2:00

	3000	1 x	1 x 50 Stroke - Fast on Coach's watch	
54	3050	1 x	1 x 50 Free - Moderate @ 0:45	1:30
57	3150	1 x	1 x 100 Free - Moderate @ 1:30	1:30
61	3300	1 x	1 x 150 Free - Moderate @ 2:15	1:30
66	3500	1 x	1 x 200 Free - Moderate @ 3:00	1:30
71	3700	1 x	1 x 200 Free - Fast @ 3:00	1:30
75	3850	1 x	1 x 150 Free - Fast @ 2:15	1:30
78	3950	1 x	1 x 100 Free - Fast @ 1:30	1:30
81	4000	1 x	1 x 50 Free - Fast @ 0:45	1:30
	4050	1 x	1 x 50 EZ	
	4150	1 x	4 x 25 Free - Fast on Coach's watch	
	4300	1 x	1 x 150 Warm down	