

Coach Vic SCY Wed AM v2

Wednesday, 12/19/2018

12/19 4,300 Total average set length for the practice: 8 mins. Avg. intensity: Avg. 100 interval: 1:15			
Mins	Dist	Stroke / Equipment	/100
		1 x 400 Warmup	
		1 x 400 Kick	
	1200	1 x 400 Pull	
		4 x 50 Free @ 0:45	1:30
		4 x 50 Stroke @ 0:50	1:40
		4 x 50 Free @ 0:45	1:30
15	2000	4 x 50 IM Order @ 0:50	1:40
		1 x 50 Stroke - 25 Drill + 25 Swim @ 1:00	2:00
		1 x 100 Stroke - 25 Drill + 25 Swim @ 2:00	2:00
		1 x 150 Stroke - 25 Drill + 25 Swim @ 3:00	2:00
		2 x 200 Stroke - 25 Drill + 25 Swim @ 4:00	2:00
		1 x 150 Stroke - 25 Drill + 25 Swim @ 3:00	2:00
		1 x 100 Stroke - 25 Drill + 25 Swim @ 2:00	2:00

3000

1 x 50 Stroke - Fast on Coach's watch

1 x 50 Free - Moderate @ 0:45

1:30

1 x 100 Free - Moderate @ 1:30

1:30

1 x 150 Free - Moderate @ 2:15

1:30

1 x 200 Free - Moderate @ 3:00

1:30

1 x 200 Free - Fast @ 3:00

1:30

1 x 150 Free - Fast @ 2:15

1:30

1 x 100 Free - Fast @ 1:30

1:30

54

4000

1 x 50 Free - Fast @ 0:45

1:30

4050

1 x 50 EZ

4150

4 x 25 Free - Fast on Coach's watch

4300

1 x 150 Warm down