

# Coach Vic SCY Fri AM v2

Friday, 12/21/2018

| 12/21 3,800 Total average set length for the practice: 1 mins. Avg. intensity: Avg. 100 interval: 0:09 |      |   |      |
|--|------|---|------|
| Mins   | Dist | Stroke / Equipment                          | /100 |
|  |      | 1 x 200 Swim warmup                         |      |
|  |      | 1 x 400 Kick                                |      |
|  | 1200 | 1 x 600 Pull                                |      |
|  |      | 4 x 75 Fly (25 drill, 25 swim, 25 drill)    |      |
|  |      | 4 x 75 Back (25 drill, 25 swim, 25 drill)   |      |
|  |      | 4 x 75 Breast (25 drill, 25 swim, 25 drill) |      |
|  | 2400 | 4 x 75 Free (25 drill, 25 swim, 25 drill)   |      |
|  | 2450 | 1 x 50 Free All Out (on Coach's Watch)      |      |
|  | 3250 | 2 x 400 Free Descending (on Coach's Watch)  |      |
|  |      | 3 x [ 1 x 25 Backstroke @ 0:50              | 3:20 |
|  |      | 1 x 50 Free @ 0:50                          | 1:40 |
| 6  | 3450 | 1 x 75 Free Fast @ 0:50                     | 1:06 |
|  | 3550 | 1 x 100 Kick                                |      |

3650

1 x 100 Pull

3800

1 x 150 Warmdown