

Day 24, Wed 12/20/2017

No Practice Mon Dec 25. All other practices normal times. Mon Jan 1 yes practice
Hitlist; Free, LD;

WU 4-1-2-1 ~ f8:15pm [800]

K: 8x50 {odds Fr/ evens Chc; 5sR} ~9min. [400// 1200] ~f8:25p

Mini-Tech Reminder –Free: wings to front – [5min]

2x50 Dr/Sw

Main 1: Free [800 // 2000] ~14min ~8:31p-8:47pm

75) 25 Medium Perfect Free + 50 Build Free; 15sR

75) 25 Build Free + 50 Fast; 15sR

75) 25 Build Free + 50 Fast; 15sR

75) 75 Fast; 15sR

100 Free Medium (Perfect); 20sR

100 Free Fast; 20sR

100 Free Build by 25; 20sR

100 Free Fast; (watch time)

100 Free Fast; (watch time)

--- Break 2-3min---

Main 2) 12 min swim [800 //2800 13 min] 8:50-9:03

Main 3) Str/Free 50's ; 5-10sR ~15min [900 // 3600] ~f9:20p

3 X { 1st) Str; 15sR 2nd) Free; 10sR 3rd)Str; 15sR

50 Dr

50 Build (Best Technique Focus)

2 X 50 Swim Fast

50 K. Fast

50 Sw Fast }

Dives (Sprints or Relays...) ~8min or less to 9:30p