

PRACTICE of the WEEK

9/27/20

WARM UP:

3 X 50 DRILL or SCULL

3 X 50 KICK

3 X 50 BUILD

MAIN SET:

3x [100 FREE
100 I. M.
100 FREE
100 BACK]

DO THESE
ON AN INTERVAL
THAT GIVES
YOU 20-30% REST

KICK SET:

6 X 50 KICK

(DO 3 WITHOUT A BOARD)



I COULD DO
BUTTERFLY
ALL DAY

M.F.
TOD