



THURSDAY, JANUARY 30TH, 2020 PM

SET	1	400 Swim
YDS	1800	8 x 50 Kick 2@1:00, 2@:55, 2@:50, 2@:45
TOTAL	1800	400 Pull
	4	3 x 25 (30) Fast BO. Fast Flaas to flaas. Fast Finish
		50 D 1-4 to fast (50)
	40	75 easy (130)

50/100		100/200		200/400/500	
SET	3	SET	3	SET	3
YDS	2850	YDS	3150	YDS	4050
TOTAL	4650	TOTAL	4950	TOTAL	5850
	54		55		70
	4 x 50 Fast BO, Fast Turn, Fast Finish, Smooth (1) (:30 Extra) Dive 25 Going out 50 Speed +75 easy (2) 5 x 50 Smooth (1) 4 x 75 D 1-4 (50/55) (:30 Extra-Put on fins) 100 with fins Goal 100 time or faster (2) (1:00 Extra--Take off fins) 4 x 50 Fast BO, Fast Turn, Fast Finish, Smooth (1) (:30 Extra) Dive 25 Going out 50 Speed +75 easy (2) 5 x 50 Smooth (1) 4 x 75 D 1-4 (55/1) (:30 Extra-Put on fins) 100 with fins Goal 100 time or faster (2) (1:00 Extra--Take off fins) 4 x 50 Fast BO, Fast Turn, Fast Finish, Smooth (1) (:30 Extra) Dive 25 Going out 50 Speed +75 easy (2) 5 x 50 Smooth (1) 4 x 75 D 1-4 (1/105) (:30 Extra-Put on fins) 100 with fins Goal 100 time or faster (2)		6 x 50 (50) d 1-3 (:30 extra) Dive 175 Goal 200 Time or faster + 25 Easy (3) 6 x 25 (30) Smooth 4 x 75 D 1-4 (50/55) (:30 Extra-Put on fins) 100 with fins Goal 100 time or faster (2) (1:00 Extra--Take off fins) 6 x 50 (50) d 1-3 (:30 extra) Dive 175 Goal 200 Time or faster + 25 Easy (3) 6 x 25 (30) Smooth 4 x 75 D 1-4 (55/1) (:30 Extra-Put on fins) 100 with fins Goal 100 time or faster (2) (1:00 Extra--Take off fins) 6 x 50 (50) d 1-3 (:30 extra) Dive 175 Goal 200 Time or faster + 25 Easy (3) 6 x 25 (30) Smooth 4 x 75 D 1-4 (1/105) (:30 Extra-Put on fins) 100 with fins Goal 100 time or faster (2)		6 x 50 (50) d 1-3 (:30 extra) Dive 175 Goal 200 Time or faster + 25 Easy (3) 4 x 50 (1) Smooth 200 Negative Split (240/50) 450 Goal 500 Time or faster (530) (1:00 Rest) 6 x 50 (55) d 1-3 (:30 extra) Dive 175 Goal 200 Time or faster + 25 Easy (3) 4 x 50 (1) Smooth 200 Negative Split (250/300) 450 Goal 500 Time -7 or faster (530) (1:00 Rest) 6 x 50 (1) d 1-3 (:30 extra) Dive 175 Goal 200 Time or faster + 25 Easy (3) 4 x 50 (1) Smooth 200 Negative Split (300/10) 450 Goal 500 Time -15 or faster (530)

SET	4	SET	4	SET	4
YDS	600	YDS	600	YDS	200
TOTAL	5250	TOTAL	5550	TOTAL	6050
	6 x 100 (140) (25 Scull, 25 Kick on Back, 50 Smooth)		6 x 100 (140) (25 Scull, 25 Kick on Back, 50 Smooth)		200 COOL DOWN

Distance Stats:

Taye 135.00/428.6, 133.8/424.5/ 134.8/420.6
 Audrey 148.4/451.7, 150.6/449.7, 149.2/448.8
 George 145.9/443.6, 143.6/436.0, 143.6/442.2
 Taylor 148.1/452.3, 150.7/452.3, 151.1/447.8
 Nicole R 155.1/523.8, 154.4/526.0, 153.4/523.0
 Julian S 136.2/433.5, 136.6/427.5, 135.9/434.5
 Morgan S 144.6/449.6, 146.6/447.3, 145.2/446.8