

## #HurricaneLisa sets

200 free 0 yds 3:30 pm

8x25 odds scull/ evens build 200 yds 3:33 pm

Main set 400 yds 3:37 pm

12x100 free@1:40 b 3's DPS per length using even stroke count, try for only 8-10 strokes per 25.

1:00 break

11x50 choice@1:00 Odds FAST, evens JMSO

10x50 @:50 back or free at least 4 UW kick fast breakouts off walls

1:00 break

9x75 @1:30 IM skip free good turns, use your cross over

8x50 free@1:00 25 b 3's /25 b 5's

1:00 break

7x75 @1:10 extend UW JMSO

6x125 free @2:00 100 80% last 25 sprint

5x100@1:40 free long and smooth, long UW

1 min break

4x25@:30 fly

3x25@30 back

2x25@:30 breast

1x25@:30 free

## #HurricaneLisa totals:

5750 Yards - 5:30 pm (2 hrs 0 min) - stress: 178