

#1

#DistanceIM sets

200 choice on 3:30	0 yds 4:00 pm
2x250 free with snorkel on 3:30	200 yds 4:03 pm
6x125 on 2:00-(25k,25 drill, 75swim) all choice	700 yds 4:10 pm
3x	1450 yds 4:22 pm
2x200 IM on 2:50	
2x150 IM no free on 2:00	
2x100 rotate by set on 1:30	
3x50 rotate by set on :45	
8x25 on :40 rotate by set All out	
3x100 free fins and paddles on 1:30	
1:00 rest	
12x75 kick on back on 1:15 with short fins all wall kick should be long deep kicks not short	6100 yds 5:39 pm

#DistanceIM totals:

7000 Yards - 5:54 pm (1 hr 54 min) - stress: 210

#DistanceIM sets

200 Choice on 3:30	0 yds 4:00 pm
8x100 on 1:30, odd free build, even IM	200 yds 4:03 pm
8x75 on 1:15, odd kds choice, even free descend	1000 yds 4:15 pm
6x50 free on:40, descend 1-3, 4-6	1600 yds 4:25 pm
8x25- odd on 1:00 build, even OTB on:30 fast breakouts	1900 yds 4:30 pm
2:00 Break-IM Split:	2100 yds 4:38 pm
6x100 Fly on 1:30	2100 yds 4:40 pm
100 ez on 2:00	2700 yds 4:49 pm
8x75 BK on 1:10	2800 yds 4:51 pm
100 ez on 2:00	3400 yds 5:00 pm
4x150 breast on 2:30	3500 yds 5:02 pm
100 ez on 2:00	4100 yds 5:12 pm
3x200 free on 2:40	4200 yds 5:14 pm
100 ez on 2:00	4800 yds 5:22 pm
5x200 IM OTB on 5:00	4900 yds 5:24 pm
5x100 ez on 2:00- done after each swim above	5900 yds 5:49 pm

#DistanceIM totals:

6400 Yards - 5:59 pm (1 hr 59 min) - stress: 175

#1

#Bombora sets

200 choice on 4:00	0 yds 8:00 pm
4x150-1-swim on 2:20, 2-kick on 3:00, 3-IM (drop choice 50) on 2:40, 4-free build on 2:15	200 yds 8:04 pm
6x50 on :55, odd kd, even build to 95%	800 yds 8:14 pm
6x25 on:30, odd Fast 15, ez 10, even build to 95%	1100 yds 8:19 pm
2:00 break	1250 yds 8:22 pm
5x100 on 1:30-Free, hold fastest average	1250 yds 8:24 pm
1x50 ez on 1:30	1750 yds 8:31 pm
4x100 on 1:25-Free, hold fastest average	1800 yds 8:33 pm
1x50 ez on 1:30	2200 yds 8:38 pm
3x100 on 1:20-Free, hold fastest average	2250 yds 8:40 pm
1x50 ez on 1:30	2550 yds 8:44 pm
2x100 on 1:15-Free, hold fastest average	2600 yds 8:45 pm
1x50 ez on 1:30	2800 yds 8:48 pm
1x100 on 1:10-Free, hold fastest average	2850 yds 8:49 pm
1x75 ez on 1:30	2950 yds 8:51 pm
1x125 OTB on 2:00	3025 yds 8:52 pm
3x50 ez on 1:00	3150 yds 8:54 pm
2:00 Break	3300 yds 8:57 pm
12x75 kick with short fins on 1:15-maintain about 90% effort	3300 yds 8:59 pm

#Bombora totals:

4200 Yards - 9:14 pm (1 hr 14 min) - stress: 118

#2

#Bombora sets

200 choice	0 yds 7:45 pm
8x125 on 2:10-kdsss, odd free, even choice	200 yds 7:48 pm
6x75 on 1:20-dds all choice	1200 yds 8:05 pm
5x50 on 1:00 choice middle 25 fast	1650 yds 8:13 pm
8x25 all choice fast breakouts- odd on 1:00 OTB, even on :30	1900 yds 8:18 pm
2:00 break	2100 yds 8:24 pm
1x	2100 yds 8:26 pm
4x150 pull/paddles on 2:20, descend 1-3,4	
4x100 paddles on 1:30, descend 1-3,4	
:30 rest	
6x50 swim on :50, all at 200 RP plus 1-2	
25 ez on 1:30	
175 free OTB in heats of 2 on 6:00	
10x100 free with short fins on 1:45	

#Bombora totals:

4600 Yards - 9:12 pm (1 hr 27 min) - stress: 142