

HurricaneLisa | NAAC
Fri Nov 11 '22 - 8:00 pm 25 Yards
Default interval: 1:45 per 100

#HurricaneLisa sets

300 swim free	0 yds 8:00 pm
300 IM drill	300 yds 8:05 pm
300 paddles/snorkel	600 yds 8:10 pm
4x50 free kick/ board @1:00	900 yds 8:15 pm
8x25 build free :40 dive #4 and #8	1100 yds 8:19 pm
15x100 free	1300 yds 8:25 pm
5= long even stroke count 1:30/1:40/1:45	2800 yds 8:51 pm
5=breathe 3s 1:25/1:30/1:35	2887.5 yds 8:52 pm
5=fast, make the send off 1:20/1:25/1:30	2902.5 yds 8:59 pm
1 min break between each set of 5	2902.5 yds 9:01 pm
2x100 breast kick w board @ 2:00	2902.5 yds 9:02 pm
4x75 breast swim do double pullouts	3102.5 yds 9:06 pm
100 ez	3402.5 yds 9:11 pm

#HurricaneLisa totals:

3502.5 Yards - 9:13 pm (1 hr 13 min) - stress: 103

Workout notes

This practice can be modified to do "top non free" instead of breaststroke on the kick and 75s at the end.