

#HurricaneLisa sets

6 min swim	0 yds 9:00 pm
4x100=25 kick/25 drill/25 kick/25 build	337.5 yds 9:06 pm
8x50@1:00 25 tarzan/25 build	737.5 yds 9:13 pm
4x75 @1:20/1:25/1:30 rolling IM	1137.5 yds 9:21 pm
[50 fly, 25 back]	1437.5 yds 9:26 pm
[50 back, 25 breast]	1437.5 yds 9:26 pm
[50 breast, 25 free]	1437.5 yds 9:26 pm
[50 free, 25 fly]	1437.5 yds 9:26 pm
8x50 free :45/:50/:55 breathe 4s toward bleachers	
4x75 rolling IM@1:20/1:25/1:30	
8x50 free :45/:50/:55 breathing 3s	
1x100 all out	
1x50 all out	
if time 12x25 @:35 fast kick odds free evens fly	
100 EZ	

#HurricaneLisa totals:
3087.5 Yards - 9:54 pm (54 min) - stress: 94