

The twister | NAAC
Sat Dec 17 '22 - 1:30 pm 25 Yards
Default interval: 1:45 per 100

#HurricaneLisa sets

300 free	0 yds 1:30 pm
1x300 IM 25 k, 25 drill, 25 swim	300 yds 1:35 pm
6x50@1:00 odds 25 tarzan drop at flags/ 25 build free, evens choice build	600 yds 1:40 pm
Main set	900 yds 1:49 pm
4x100@1:45	
4x75@1:25	
4x50@:50	
4x25@:40	
1x50 smooth @2:00	
3x100 @1:40	
3x75@1:20	
3x50@:45	
3x25 @:35	
1x50 smooth @2:00	
2x100@1:35	
2x75@1:15	
2x50@:40	
2x25 @:30	
1x50 smooth @2:00	
1x100@1:30	
1x75@1:10	
1x50@:35	
1x25@:25	
1x50 smooth@2:00	
fins	
10x50 kick @1:00/1:05 fast odds free, evens fly	
warm down	
6x50 @1:30 25 back/25 free	

#HurricaneLisa totals:
4400 Yards - 3:00 pm (1 hr 30 min) - stress: 135