

Tsunami Twister | NAAC
Sat Dec 17 '22 - 3:00 pm 25 Yards
Default interval: 1:50 per 100

#Tsunami sets

200 free	0 yds 3:00 pm
1x300 IM 25 k, 25 drill, 25 swim [75 of each stroke]	200 yds 3:03 pm
6x50@1:10 odds 25 tarzan drop at flags/ 25 build free, evens choice build	500 yds 3:09 pm
Main set	800 yds 3:19 pm
3x100 @2:00	
3x75@1:40	
3x50@1:10	
3x25 @:45	
1x50 smooth @2:00	
2x100@1:55	
2x75@1:35	
2x50@1:05	
2x25 @:40	
1x50 smooth @2:00	
1x100@1:50	
1x75@1:30	
1x50@1:00ish	
1x25@:35	
1x50 smooth@2:00	
fins	
8x50 kick @1:05 fast odds free, evens fly	
warm down	
4x50 @1:30 25 back/25 free	

#Tsunami totals:
3050 Yards - 4:11 pm (1 hr 11 min) - stress: 96