

SNM MEMBER SURVEY ^(on email)

Monday - Regular Practice 5:30 AM

300 FR-CHOICE-IM

2x150 kick-DRILL-SWIM #1 choice

3x100 FR-IM-BEST #2 BEST

8x [4x25 @ 30" } ODD BUILD
2x50 @ 1' } EVEN FAST
#1 MODERATE
#2 FAST

PULL OR SWIM

20x 125/100/75

1 @ 1'45"
1 @ 1'40"
1 @ 1'35"
1 @ 1'30"
1 @ 2' MODERATE
D
F
S
C
4

SNM MEMBER SURVEY ^(on email)

300 50 FR
25 REV IND

4 x 125 FR {
25 Wick
25 2L-2R
25 CATCH UP
25 FINGER DRAG
25 FIST

PULL OR SWIM

3 x 400 / 375 / 350 / 300

DESC

SMOOTH

#1-4 @ 5'15" 75-85% + #5 @ 6'

#6-8 @ 5'10" 80-90% + #9 @ 6'

#10,11 @ 5' 85-95% + #12 @ 6'

#13 ALL OUT

300 50 FR
25 REV 1M0

8x50 REV 1M0 odd kick
even DRILL-SWIM

4x [6x50 @ 1' → RND
EXTRA 30"
200 1M @ 4'30"]

#1	FL-BK
#2	BK-BR
#3	BR-FR
#4	1 FL 1 BK 1 BR

} x 2

PULL OR SWIM

2x [400/375/350 @ 5'20"
300/275/250 @ 4'
200/175/150 @ 2'40"
100 smooth @ 2']

300 free-choice-1M
4x100 REV 1M0 25 Kick - 50 DRUM-25 SWIM

4x [3x50 @ 1'05" 25 FAST
25 EZ
50 FAST @ 1'15"
3x50 @ 1'05" 25 FAST
25 EZ
100 FAST @ 2'15"

3x [200/175/150 @ 3'
2x100/75 @ 1'30"
4x50 @ 45" OR 5" REST
1' REST

200 25 FR
25 REV IMO

4 x 150 FR { 50 kick
25 2L-2R
25 CATCH UP
25 FINGER DRAG
25 FIST

5 x [6 x 150 / 125 / 100 2 @ 2
2 @ 1'55"
2 @ 1'50"
+ 50-100 @ 2'30"

300 FR-choice-IM

8x75 kick-DRILL-FWIM

1 FL	} x2
1 BK	
1 BR	
1 FR	

4x [250 IM @ 4'30"]

25	50	75	100
#1 FL	BK	BR	FR
#2 BK	BR	FR	FL
#3 BR	FR	FL	BK
#4 FR	FL	BK	BR

+ 50 @ 1'30"

8x [100/125 FR @ 1'40" STRONG
50 @ 50" FAST NON-FR (IM switch OK)

300 FR-choice - 1M

8x50 DRILL-SWIM

ODD choice
EVEN REV 1M

6x [4x50 { 25 FAST
25 FR @ 1'
30" REST

50/100 FRs → RND 1,3,5 50 @ 1'30"
2,4,6 100 @ 2'30"

	LN 1,2	LN 3,4	LN 5,6	LN 7,8
200	2'40"	3'	3'20"	20" REST
150	2'	2'15"	2'30"	15"
100	1'20"	1'30"	1'40"	10"
50	40	45	50	5"
50	40	45	50	5"
100	1'20"	1'30"	1'40"	10"
150	2'	2'15"	2'30"	15"
200	2'40"	3'	3'20"	20"
+ EXTRA REST	2'40"	1'	1'	1'

300 | 50FR
25 REVIMD

4x125 FR : kick / 2L-2R / CART UP / FINGER DRAG / FIST 2x25

5x [4x200 / 175 / 150
+ 100 @ 2'30"

1 @ 2'45"
1 @ 2'40"
1 @ 2'35"
1 @ 2'30"

200 EASY

400 { 75 FR
 25 REV IMD
 300 { 50 FR
 25 REV IMD
 200 { 25 FR
 25 IMD
 100 { 1M

8x	[	25 @ 30"	1,5	2,6	3,7	4,8
		50 @ 1'	FL	Bk	BR	FR
		75 @ 1'30"	FL-Bk	Bk-BR	BR-FR	FR-FL
		100 @ 2'	FL-Bk-BR	.	.	.
			1M	.	.	.

4 x 150/125/100

DESC

SMOOTH

4 @ 2'

1 @ 2'15"

3 @ 1'55"

1 @ 2'20"

2 @ 1'50"

1 @ 2'30"

1 @ 1'45"

1 @ 2'

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300 50 free 25 rev IMO

4*150 kick-drill-swim odd free, even choice

8*(100 strong @1'40" + 2*50 @55" #1 build, #2 fast + 4*25@30" odd smooth, even fast)

2*(400/350/300 @5'20 + 4*150/125/100 @1'55" + 1' rest)

100 easy

300 { 50 FR
25 REV IMO

3 x 200 FR: Kick - 2L/2R - Catch up - Finger drag

600/550/500 ... @ 8'
2 x 300/275/250 ... @ 4'
2 x 4 x 150/125/100 @ 2'
6 x 100 LN 7,8 @ 1'20"
LN 5,6 @ 1'25"
LN 3,4 10"-15" REST
+ REST ≤ 2'

RND #1 SWIM OR SWIM w/paddles
#2 PULL OR SWIM

200 EASY

300

50 FR

25 REV IMO

6x75

Kick-DRILL-SWIM

#1 FL

#3 BR

#5 BR

#2,4,6 FR

4x

16x25 @ 30" RND
+ 30"

200 IM @ 4'30"

#1 FL-BR

#2 BR-BR

#3 BR-FR

#4 IM

12x100/125

3 @ 1'30" DFC

1 @ 2' smooth

300 50FR
25 REV IMO

2x150 Kick-DRILL-SWIM { #1 choice
#2 BEST

6x50 DRILL-SWIM { ODD FR
EVEN FL-BL-BR

6x [4x50 25 FAST
25 EZ @1'
50 SMOOTH @1'
ODD RND 50 AW OUT @2'
EVEN RND 100 FAST @3'

PULL OR SWIM

18x75 6x { 1 P 1'10"
1 P 1'05"
1 C 1'

LN 7.8

1'15"

1'10"

1'05"

5.6

1'20"

1'15"

1'10"

OR 15"

10"

5"

R-7.4