

9/23 Workout - All

Monday, 09/23/2019

the first part of practice will be a little shorter after the long Monday work out. The second half includes the first "test set" which will help to give a pace for kick work.

		09/23	Total average set length for the practice: 16 mins.	Avg. intensity: 2.5	Avg. 100 interval: 2:44	
Mins	Dist	Stroke / Equipment			Int	/100
		Warm up				
		300 Swim @ 5:00			2	1:40
		2 x 100 Kick @ 2:00			2	2:00
		4 x 50 IM/ 25 Drill/ 25 Swim @ 3:30			3	7:00
29	1000	6 x 50 Pull @ 1:00			2	2:00
		First set				
		20 x 25 1-UW AFAP 2-Free 3-No Breath 4- Stroke @ 0:40			2	2:40
59	2300	16 x 50 4-Free 4- Stroke/Free 4- Free/Stroke 4-Stroke @ 1:00			2	2:00
		Bus Break				
		Start work				
75	2500	8 x 25 Starts @ 2:00			1	8:00
		Second Set				
91	3300	8 x 100 Kick BA @ 2:00			4	2:00
96	3500	200 loosen			2	