

9/29 Workout - All

Sunday, 09/29/2019

Third practice of the official season focusing on longer swimming to give people a break during midterms. Since the bus comes later Sundays can be extended. The second set is designed to either be split into 4x4 for sprinters (50s) 2x8 for mid distance (100) or all 16 straight if you're working toward a 200 distance.

09/29 Total average set length for the practice: 20 mins. Avg. intensity: 3.1 Avg. 100 interval: 1:42					
Mins	Dist	Stroke / Equipment		Int	/100
		1 x	Warm Up		
			300 Swim @ 6:00	3	2:00
			200 Kick @ 4:00	2	2:00
			6 x 50 Pull @ 1:00	2	2:00
20	1000		8 x 25 Drill @ 0:30	2	2:00
			First Set		
			8 x 25 Drill Free @ 0:45	2	3:00
			8 x 125 Free @ 1:45	3	1:24
			4 x 75 Pull/easy free @ 1:15	3	1:40
54	3100		4 x 150 Descend by 50 @ 2:10	4	1:26
			Bus Break		
			Second Set		
			4 x 75 Easy swimming		
			16 x 50 Stroke (BA) @ 1:00	4	2:00
80	4400		200 Loosen @ 5:00	3	2:30