

9/30 Workout - All

Monday, 09/30/2019

Day five of start of season, continuing with the same warm up. First set will be the first long set of the season. The 6 200s might have to be changed based off the amount of people to 150s or even 100s. After the break is the last of the four test sets. Pull can either be split half and half or full.

09/30 Total average set length for the practice: 15 mins. Avg. intensity: 3.4 Avg. 100 interval: 1:35				
Mins	Dist	Stroke / Equipment	Int	/100
		Warm up		
		300 Swim @ 5:00	2	1:40
		200 IM 25 Drill/25 Swim @ 4:00	2	2:00
		200 Kick @ 4:00	2	2:00
17	900	200 Pull or Swim @ 3:30	2	1:45
		First Set		
		200 IM Kick @ 3:45	3	1:52
		5 x 50 Kick @ 0:50	4	1:40
44	2550	6 x 200 Free* @ 3:00	3	1:30
		Bus Break		
		Third set		
		16 x 75 Pull @ 1:10	5	1:33
		Fourth Set @ 0:45		
76	4550	4 x 200 Free @ 2:30	3	1:15