

# 10/6 Workout (Time Trial) - All

Sunday, 10/06/2019

Day of the time trial, quick warm up and that is slightly longer than usual and then moving into the order of the events.

		10/06	Total average set length for the practice: 29 mins.	Avg. intensity: 2.6	Avg. 100 interval: 5:19			
Mins	Dist	Stroke / Equipment			Int	/100		
		1 x	Warm Up					
			400 Free @ 6:00			2	1:30	
			4 x 100 50 Fly/Back/Breast / 50 Free @ 1:45			2	1:45	
			4 x 50 25 kick/Drill /25 Free @ 1:00			2	2:00	
20	1100		4 x 25 Odds: Sprint Evens:Easy @ 0:45			2	3:00	
		1 x	Meet					
			50 Fly @ 10:00			6	20:00	
			50 Back @ 10:00			6	20:00	
			50 Breast @ 10:00			6	20:00	
			50 Free @ 10:00			6	20:00	
80	1400		100 IM @ 20:00			6	20:00	
87	1600		200 loosen @ 5:00			1	2:30	