

Workout 023 - All

Wednesday, 10/16/2019

Last practice before the home meet, continuing to work on underwater speed while adding in turns and starts today.

		10/16	Total average set length for the practice: 18 mins.	Avg. intensity: 2.8	Avg. 100 interval: 1:43		
Mins	Dist	Stroke / Equipment			Int	/100	
		1 x	Warm Up				
			300 Swim @ 5:00		2	1:40	
			200 Kick @ 2:00		2	1:00	
			8 x 50 Drill/Swim @ 1:00		2	2:00	
23	1100		8 x 25 Build (finish with a flip) @ 1:00		2	4:00	
		2 x	First Set @ 0:00				
			4 x 75 UW AFAP/Kick/Swim @ 1:30		3	2:00	
45	2100		4 x 50 Build to finish @ 1:00		3	2:00	
55	2200		4 x 25 Starts @ 2:00		3	8:00	
			Bus Break @ 0:00				
			Second Set				
			8 x 50 Swim 2 turn @ 1:00		2	2:00	
			6 x 125 Swim @ 1:45		3	1:24	
88	4150		4 x 200 Build @ 3:00		4	1:30	