

# 10/19 Meet Warm UP - All

Saturday, 10/19/2019

General Meet warm up.

		10/19	Total average set length for the practice: 29 mins.	Avg. intensity: 3.0	Avg. 100 interval: 2:00	
Mins	Dist	Stroke / Equipment			Int	/100
	1 x	Meet Warm up				
		400 Swim @ 6:00			3	1:30
		4 x 100 Kick/Swim @ 1:45			3	1:45
		8 x 50 Stroke/Free @ 1:00			3	2:00
		8 x 25 Build/Blast @ 0:30			3	2:00
29	1450	2 x 25 Starts @ 2:00			3	8:00