

10/20 Work Out - All

Sunday, 10/20/2019

First practice after the big meet, Longer swimming toward the end with some speed work in the beginning. The kick set may look long but its really only the lay out. its 500 yards

		10/20	Total average set length for the practice: 15 mins.	Avg. intensity: 2.9	Avg. 100 interval: 1:19		
Mins	Dist	Stroke / Equipment			Int	/100	
		Warm Up					
		300 Swim @ 5:00			3	1:40	
		300 pull @ 4:00			2	1:20	
		6 x 50 Kick @ 1:00			2	2:00	
19	1100	8 x 25 Drill @ 0:30			2	2:00	
		4 x	First Set				
			75 Round 1-2 Free, Round 3-4 Fly/Back/Breast @ 1:40			2	2:13
			100 Round 1-2 Free, Round 3-4 Fly/Back/Breast @ 1:40			3	1:40
40	2300		125 Round 1-2 Free, Round 3-4 Fly/Back/Breast @ 1:40			5	1:20
		1 x	Second Set				
			25 Kick @ 0:30			3	2:00
			50 Kick @ 1:00			3	2:00
			75 Kick @ 1:30			3	2:00
			Ki100 Kick @ 2:00			3	2:00
			100 Kick @ 2:00			3	2:00
			75 Kick @ 1:30			3	2:00

		50 Kick @ 1:00	3	2:00
52	2800	25 Kick @ 0:30		2:00
		Bus Break		
		Second Set		
		5 x 50 Swim @ 0:45	3	1:30
		5 x 100 kick @ 1:45	3	1:45
		5 x 200 Swim/Pull @ 2:45	3	1:22
84	4950	400 Swim/Pull @ 5:00	3	1:15
		loosen		
87	5150	200 Swim	1	