

10/21 work out - All

Monday, 10/21/2019

today works on breath control with some longer swimming in the second half.

		10/21	Total average set length for the practice: 27 mins.	Avg. intensity: 3.0	Avg. 100 interval: 1:31		
Mins	Dist	Stroke / Equipment			Int	/100	
		1 x	Warm up				
			300 Swim @ 5:00		2	1:40	
			3 x 100 Kick @ 2:00		2	2:00	
			4 x 75 Kick/Drill/Swim @ 1:20		2	1:46	
23	1100		8 x 25 Underwater to halfway @ 0:40		2	2:40	
		2 x	First set				
			5 x 100 Pull/Swim Breathing 3,5,7,3 @ 1:30		3	1:30	
48	2500		4 x 50 25 underwater to half/25 underwater as far as possible @ 1:15		4	2:30	
		1 x	bus break				
			10 x 50 free 5,4,3,2,1 breaths @ 1:00		4	2:00	
			6 x 100 Free @ 1:15		3	1:15	
			10 x 50 pace (stroke) @ 0:45		3	1:30	
80	4300		2 x 100 no breath race @ 3:00		5	3:00	