

# 10/27 Workout - All

Long IM/Stroke set. The first set can either be IM or stroke (or free). The times can be changed around by dropping 10 seconds to make the set more difficult if desired. If anyone needs to leave early, they can leave after the second or third round. The second set goes to broken up sprint 50s and then to some sprint 25s working on long swimming with short rest.

10/27 Total average set length for the practice: 22 mins. Avg. intensity: 3.0 Avg. 100 interval: 1:20					
Mins	Dist	Stroke / Equipment	Int	/100	
		1 x Warm Up			
		300 Swim @ 5:00	2	1:40	
		200 Kick @ 4:00	2	2:00	
		4 x 50 Pull/Swim @ 1:00	2	2:00	
		4 x 50 25 Fly/Back/Breast/ 25 Free @ 1:00	2	2:00	
21	950	2 x 25 Starts @ 2:00	2	8:00	
		4 x First Set			
		200 IM/Stroke @ 3:00	3	1:30	
		4 x 75 IM order Kick @ 1:30	3	2:00	
73	3750	4 x 50 UW AFAP, 25 swim IM order @ 1:00	4	2:00	
		Break			
		Second set			
		4 x 50 Broken up between starts, turns, finishes @ 1:30	2	3:00	
		20 x 25 5 seconds rest build 1-5 @ 0:30	4	2:00	
89	4450				