

10/28 Workout - All

Monday, 10/28/2019

Short warm up today to get in a long custom set with 20 50s of choice to work on what ever people want. The second set continues with the strong kicking theme and then goes into a rough distance sprint set.

10/28 Total average set length for the practice: 21 mins. Avg. intensity: 3.0 Avg. 100 interval: 1:39					
Mins	Dist	Stroke / Equipment	Int	/100	
		1 x Warm UP			
		300 Swim @ 5:00	2	1:40	
		200 Kick @ 4:00	2	2:00	
		200 Pull/Stroke @ 3:30	2	1:45	
17	750	2 x 25 Starts @ 2:00	2	8:00	
		2 x First Set			
		20 Swim Breathing every 5 @ 4:30	3	22:30	
43	1790	10 x 50 Choice (pull/stroke/drill/kick) @ 0:50	3	1:40	
		Bus Break			
		Second Set			
		8 x 50 Kick Odds: Sprint, Evens: Pace @ 1:00	4	2:00	
65	2990	8 x 100 50 Kick/ 50 Swim/Pull @ 1:40	3	1:40	
		4 x 2 x 50 Swim/Drill @ 1:15	2	2:30	
85	3790	4 x 25 Sprint 100 pace @ 0:30	5	2:00	