

11/4 Workout - All

Monday, 11/04/2019

Practice is focusing on working toward regionals, first set is more of a distance sprint set to start some speed work and the second set will be specific to each distance group. The set written is for the 50 sprinters. The other two sets will be for 200 swimmers and for 100 swimmers. 100 Swimmers: 4 X [3 X 50 2 swam like 100 1 easy :55 2 X 125 50 Fast, 25 3 breaths, 50 Fast 1:40] 1 X 100 Broken easy speed (50,25,25) 1 X 100 OTB FOR TIME 200 Swimmers: 4X [4 X 50 200 Pace 1 X 250 75 Pace 25 Breathing every 5 (last 50 normal swim)] 200 Broken Pace (75,75,50)

11/04 Total average set length for the practice: 16 mins. Avg. intensity: 3.7 Avg. 100 interval: 0:53				
Mins	Dist	Stroke / Equipment	Int	/100
		Warm Up		
		300 Swim @ 5:00	2	1:40
		2 x 100 Kick @ 2:00	2	2:00
		4 x 50 Pull or Drill/Swim @ 1:00	2	2:00
		4 x 50 Stroke/Free @ 1:00	2	2:00
21	950	2 x 25 Starts @ 2:00	2	8:00
		2 x First Set		
		2 x 50 Stroke O: Sprint E: Easy @ 1:00	4	2:00
		2 x 75 Kick O: 25 easy 50 Fast E: 50 easy 25 Fast @ 1:20	4	1:46
		2 x 100 Free O: 25 Blast 75 Easy E: Fast @ 1:30	4	1:30
44	2350	2 x 125 Choice O: Fast E: Easy @ 1:45	4	1:24
		Bus Break		
		8 x		
		3 x 25 2 swam like 50 1 easy @ 0:30	3	2:00
76	4150	2 x 75 25 Fast, 25 3 breaths, 25 Fast @ 1:15	5	1:40

79

4200

50 SPRINT OTB FOR TIME @ 1:00

6 2:00