

11/7 Workout - All

Thursday, 11/07/2019

Second to last set before tapering for regionals, working on meet work for regionals. Golf for the second set has the following rules: Add #UW kicks and #Strokes at maintenance time Order for the 20 5 to get time to hold 5 Best average score 5 avg - 1 5 avg - 2

		11/07	Total average set length for the practice: 17 mins.	Avg. intensity: 2.7	Avg. 100 interval: 1:14			
Mins	Dist	Stroke / Equipment			Int	/100		
		Warm Up						
		300 Swim @ 5:00				2	1:40	
		200 Kick @ 4:00				2	2:00	
		2 x 100 Pull/Swim @ 1:30				2	1:30	
16	750	2 x 25 Dives @ 2:00				2	8:00	
		2 x	First Set					
			8 x 25 Turn Work @ 0:40				2	2:40
			8 x 50 Kick @ 1:00				3	2:00
49	2550		4 x 75 Swim @ 0:40				3	0:53
		Bus Break						
		2 x	Second Set					
79	3550		20 x 25 Golf @ 0:45				3	3:00
83	3950		400 Pull @ 2:00				3	0:30