

11/12 WorkOut - All

Tuesday, 11/12/2019

Normally we do not have practice on Tuesday but this is part of the full taper plan. This is a light practice focusing on technique work.

		11/12	Total average set length for the practice: 27 mins.	Avg. intensity: 2.3	Avg. 100 interval: 2:05	
Mins	Dist	Stroke / Equipment			Int	/100
		Warm Up				
		400 Swim @ 5:30			2	1:22
		4 x 100 50 Kick/50 Swim @ 1:45			2	1:45
		8 x 50 Stroke/Free @ 1:00			2	2:00
27	1400	8 x 25 Build/Blast @ 0:40			2	2:40
		First Set				
		8 x 50 Two-Turn @ 1:00			3	2:00
		16 x 25 Drill @ 0:40			2	2:40
54	2500	6 x 50 2 Pace 1 Easy @ 1:15			3	2:30