

# 12/8 Work out - All

Sunday, 12/08/2019

Second to last practice of the semester and still working on sprinting. Starting off with a short warm up and then going onto very specific sprint work. First working on the push off and walls and then going onto break outs. The second half works on getting in some yards in the beginning and then moving fast at the end.

		12/08	Total average set length for the practice: 21 mins.	Avg. intensity: 3.5	Avg. 100 interval: 2:09	
Mins	Dist	Stroke / Equipment			Int	/100
		<b>Warm Up</b>				
		200 Swim @ 3:00			2	1:30
9	600	4 x 100 Swim @ 1:30			2	1:30
		<b>First Set</b>				
		2 x 25 Sprint OTB @ 2:00			6	8:00
		16 x 25 Push offs and delayed UW @ 0:45			3	3:00
		4 x 25 Blast turns @ 1:00			5	4:00
		2 x 25 Sprint OTB @ 2:00			3	8:00
45	1600	16 x 25 Breakouts @ 0:45			3	3:00
		<b>Bus Break</b>				
		<b>Second Set</b>				
		12 x 125 75 Stroke/ 50 Free @ 1:45			4	1:24
		50 loosen @ 2:00			2	4:00
		12 x 25 2 Fast 1 Easy @ 0:30			5	2:00
		125 OTB sprint @ 3:00			6	2:24
		25 loosen @ 1:00			1	4:00

84

3900

12 x 25 1 Fast 2 Easy @ 0:30

3 2:00