

# 1/27 workout - All

Technique day for free and breast. Starts with a short warm up and then two both groups for free and breast. there are two rounds to allow to switch strokes in between. The second set can be adjusted based off of how much time is remaining and most likely will be adjusted.

01/27 Total average set length for the practice: 23 mins. Avg. intensity: 3.2 Avg. 100 interval: 0:50					
Mins	Dist	Stroke / Equipment		Int	/100
		1 x	Warm Up		
			200 Swim @ 3:30	2	1:45
			4 x 75 KDS @ 1:15	2	1:40
13	700		4 x 50 Stroke @ 1:00	2	2:00
		2 x	First set		
			16 x 25 Drill @ 0:30	3	2:00
			4 x 50 Stroke @ 1:00	3	2:00
45	2000		2 x 25 Sprint @ 2:00	6	8:00
			Bus break	3	
		4 x	Second set	6	
			2 x 100 Free @ 1:20	3	1:20
			8 x 50 Choice pace @ 0:50	4	1:40
			25 Starts @ 0:30	6	2:00
93	4800		75 Easy @ 2:00	1	2:40