

1/30 Workout - All

Thursday, 01/30/2020

Continuing the theme of working on increasing endurance during the first part of the season. This will be the first practice back since the technique practice. The first half begins by working on kick and the second half is working long swimming.

		01/30	Total average set length for the practice: 21 mins.	Avg. intensity: 2.9	Avg. 100 interval: 1:55	
Mins	Dist	Stroke / Equipment			Int	/100
21	950	Warm Up				
		2 x 200 Free @ 3:15			2	1:37
		2 x 100 Kick @ 2:00			2	2:00
		6 x 50 Stroke @ 1:00			2	2:00
50	2400	2 x 25 Starts @ 2:00			2	8:00
		First Set				
		6 x 125 Kick (100 pace, 25 Sprint) @ 2:30			3	2:00
		8 x 50 25 UW, 25 Swim @ 1:00			3	2:00
84	4350	300 Kick @ 6:00			3	2:00
		Bus Break				
		Second Set				
		10 x 25 Drill @ 0:30			2	2:00
16 x 75 8 pace/8 pull @ 1:10			4	1:33		
20 x 25 Odds Fast, Evens Easy @ 0:30				2:00		