

2/2 Workout - All

Sunday, 02/02/2020

First Friday practice of the semester so there could be some changes based off of how it goes. The bus break could also change due to a different practice time. The type of practice still remains the same with the focus being on regaining endurance.

		02/02	Total average set length for the practice: 19 mins.	Avg. intensity: 3.2	Avg. 100 interval: 1:56	
Mins	Dist	Stroke / Equipment			Int	/100
		Warm Up				
		200 Swim @ 3:15			2	1:37
		4 x 100 Kick @ 2:00			2	2:00
		200 Swim @ 3:30			2	1:45
		10 x 50 Stroke/Free @ 1:00			2	2:00
30	1350	2 x 25 Starts @ 2:00			2	8:00
		First Set				
		12 x 50 25 UW AFAP/ 25 Swim @ 1:00			4	2:00
46	2150	8 x 25 Drill @ 0:30			3	2:00
		Bus Break (could Change)				
		Second Set (Straight through)				
		8 x 25 Drill @ 0:30			3	2:00
		4 x 200 150 Swim 50 Kick @ 4:00			4	2:00
77	3900	6 x 125 25 Free 100 Stroke @ 1:45			4	1:24