

2/3 Workout - All

Monday, 02/03/2020

Second technique day focusing on back and fly today. Second set is moving more to sprinting focus.

		02/03	Total average set length for the practice: 19 mins.	Avg. intensity: 2.7	Avg. 100 interval: 1:49	
Mins	Dist	Stroke / Equipment			Int	/100
		Warm Up				
		4 x 100 Swim @ 1:30			2	1:30
		4 x 50 Choice @ 1:00			2	2:00
24	1100	10 x 50 Social Kick @ 1:20			3	2:40
		2 x	First Set			
		8 x 25 Drill @ 0:40			2	2:40
39	1700	2 x 50 Perfect @ 1:00			2	2:00
		Bus Break				
		Second Set				
		200 Swim @ 3:00			2	1:30
		8 x 75 Descend 1-4 @ 1:00			2	1:20
		4 x 50 Easy @ 1:00			3	2:00
		16 x 25 Drill @ 0:40			2	2:40
		8 x 75 Best Average @ 1:15			5	1:40
77	3750	50 OTB @ 2:00			3	4:00