

2/6 Workout - All

Thursday, 02/06/2020

First Sprint practice of the season, moving into 8 weeks of sprint work. Today's focus is to just get used to moving fast again and starting with longer swimming. Starts off with an easier sprint set with a little drill work and then moves to a lot of sprint work trying to stay consistent through out all 30.

		02/06	Total average set length for the practice: 21 mins.	Avg. intensity: 3.8	Avg. 100 interval: 1:35			
Mins	Dist	Stroke / Equipment			Int	/100		
		Warm Up						
		300 Swim @ 4:30				2	1:30	
		200 Kick @ 4:00				2	2:00	
		4 x 100 Stroke/Free @ 1:40				2	1:40	
		8 x 25 Sprint cycle @ 0:30				2	2:00	
24	1150	2 x 25 Starts @ 2:00				2	8:00	
		First Set						
		12 x 50 2 easy, 1 sprint @ 1:00				3	2:00	
		2 x 25 Easy @ 0:40				3	2:40	
46	2200	16 x 25 2 Spin Drill, 2 UW sprint, 2 Fast, 1 Time, 1 Easy @ 00:30				3	2:00	
		Bus Break						
		2 x	Second Set					
			30 x 25 Odds: Easy Evens: Sprint @ 0:30				6	2:00
			50 OTB @ 2:00				6	4:00
84	4000		100 @ 2:00				1	2:00