

2/7 Workout - All

Friday, 02/07/2020

Second Sprint day, The practice today is focused again on sprinting for distance with a total of 12 rounds, the practice is also written so that if anyone is sore from the day prior they can easily leave after a set number of rounds.

02/07 Total average set length for the practice: 29 mins. Avg. intensity: 4.3 Avg. 100 interval: 0:41					
Mins	Dist	Stroke / Equipment	Int	/100	
		Warm Up			
		300 Swim @ 4:30	2	1:30	
		4 x 50 Kick @ 1:00	2	2:00	
		4 x 75 KDS @ 0:30	2	0:40	
15	850	2 x 25 Starts @ 2:00	2	8:00	
		12 x First Set			
		2 x 50 25 easy 25 Build @ 1:00	5	2:00	
57	2650	2 x 25 Sprint @ 0:45	6	3:00	