

12/16 Workout (lactate) - All

Sunday, 02/16/2020

First lactate set of the season. This is on a Sunday so the pool will be split between the lactate group and the non lactate group. Very long warm up which morphs into a first set. Then moving on to the lactate set after the bus break to hopefully have more space. There will be groups of two that go at a time 10 seconds apart with a max of 2 every minute which could allow 32 people to do the set for 4 lanes or 64 with 8 lanes. The times will be written on the board and will be taken by the person behind everyone.

		02/16	Total average set length for the practice: 38 mins.	Avg. intensity: 2.8	Avg. 100 interval: 2:54		
Mins	Dist	Stroke / Equipment			Int	/100	
		Warm Up					
		300 Swim @ 4:30				2	1:30
		2 x 100 Stroke/swim @ 1:40				2	1:40
		4 x 100 Kick @ 2:00				2	2:00
		8 x 75 25 Drill, 50 Swim @ 1:15				2	1:40
		6 x 50 Pull @ 0:50				3	1:40
		6 x 50 Choice @ 1:00				2	2:00
44	2175	3 x 25 Starts @ 2:00				3	8:00
		Lactate Set					
76	2575	8 x 50 Sprint @ 4:00				6	8:00