

2/16 Workout (non lactate) - All

Sunday, 02/16/2020

When the team will have the whole pool on Sunday, there will be a lactate set and a non lactate set to encourage more people to stay at practice. This set still focuses on sprinting but adds a little more distance as well as giving opportunities to work on stroke. The second set works more on 100 pace and floating 25s fast.

		02/16	Total average set length for the practice: 22 mins.	Avg. intensity: 3.0	Avg. 100 interval: 1:14	
Mins	Dist	Stroke / Equipment			Int	/100
		Warm Up				
		4 x 100 Swim @ 1:45			2	1:45
		200 Kick @ 4:00			2	2:00
		8 x 50 Drill/Swim @ 1:00			2	2:00
23	1050	2 x 25 Starts @ 2:00			2	8:00
		First Set				
		12 x 50 1 Easy 2 Fast (6 free 6 stroke) @ 1:00			3	2:00
		2 x 25 Easy @ 0:45			2	3:00
46	2150	6 x 75 BA @ 1:30			5	2:00
		Bus Break				
		4 x	Second Set			
			100 easy @ 1:45			3 1:45
			100 75 easy 25 fast @ 1:45			3 1:45
			100 50 easy 50 fast @ 1:45			3 1:45
			100 75 easy 25 fast @ 1:45			3 1:45
			100 fast @ 1:45			5 1:45

89

4550

2 x 50 easy @ 1:00

2 2:00