

# 2/17 Workout - All

Monday, 02/17/2020

Practice right after the lactate set where the team will be swimming through until the next one on Friday. The focus of today is pulling with paddles during the first half and then pace work and specific race work for the second half.

		02/17	Total average set length for the practice: 20 mins.	Avg. intensity: 3.6	Avg. 100 interval: 1:04		
Mins	Dist	Stroke / Equipment			Int	/100	
		Wark Up					
		300 Swim @ 4:30			2	1:30	
		6 x 50 Pull (paddles) @ 1:00			2	2:00	
		8 x 25 Odds: Easy Evens: Fast @ 0:40			2	2:40	
21	850	2 x 25 Starts @ 2:00			2	8:00	
		2 x	First Set				
			8 x 50 Descend 1-4 @ 0:50			3	1:40
39	1850		4 x 25 Sprint @ 0:30			6	2:00
		Bus Break					
		3 x	Second Set				
			50 Style @ 0:50			3	1:40
			2 x 25 50 Pace @ 0:40			6	2:40
			100 Style @ 1:30			3	1:30
			4 x 25 100 Pace @ 0:40			6	2:40
			200 Style @ 3:00			3	1:30
80	3950		8 x 25 200 Pace @ 0:30			5	2:00

