

## 2/20 Workout - All

Thursday, 02/20/2020

Continuing with the sprinting portion of the semester. Standard warm up and working on stroke for the first half of practice and then finishing with a lactate set.

		02/20	Total average set length for the practice: 20 mins.	Avg. intensity: 3.5	Avg. 100 interval: 2:56		
Mins	Dist	Stroke / Equipment			Int	/100	
		<b>Warm Up</b>					
		300 Swim @ 4:30			2	1:30	
		200 Kick @ 4:00			2	2:00	
		8 x 50 Choice @ 1:00			2	2:00	
21	950	2 x 25 Starts @ 2:00			2	8:00	
		<b>First Set</b>					
		12 x 75 O: 50 Free easy, 25 Stroke Fast E: 50 Stroke Easy, 25 Stroke Fast @ 1:15			3	1:40	
45	2150	12 x 25 Breakouts to fast (ascend) @ 0:45			5	3:00	
		<b>Bus Break</b>					
		<b>Second Set</b>					
81	2750	6 x 100 Sprint @ 6:00			6	6:00	