

## 2/27 Workout - All

Thursday, 02/27/2020

Continuing with sprinting work. The first half works on underwater kicking and longer swimming. The second half is a broken lactate set with an extra 8 25s sprint to make it harder.

02/27 Total average set length for the practice: 21 mins. Avg. intensity: 3.7 Avg. 100 interval: 2:19					
Mins	Dist	Stroke / Equipment	Int	/100	
<b>Warm Up</b>					
		300 Swim @ 4:30	2	1:30	
		2 x 100 Kick @ 2:00	2	2:00	
		16 x 25 Drill @ 0:35	2	2:20	
23	950	2 x 25 Starts @ 2:00	2	8:00	
<b>First Set</b>					
		4 x 75 50 Build 25 Sprint @ 1:30	3	2:00	
		8 x 50 O; UW E: Fast @ 1:00	4	2:00	
45	1950	12 x 25 Fast @ 0:40	5	2:40	
<b>Bus Break</b>					
		2 x			
		4 x 50 Lactate @ 4:00	6	8:00	
85	2750	8 x 25 Fast @ 0:30	5	2:00	