

2/28 Workout - All

Friday, 02/28/2020

Last sprint practice for any tapering for Iowa. Working

		02/28	Total average set length for the practice: 30 mins.	Avg. intensity: 2.8	Avg. 100 interval: 1:24	
Mins	Dist	Stroke / Equipment			Int	/100
		Warm up				
		300 Swim @ 4:30			2	1:30
		200 Choice @ 4:00			2	2:00
		6 x 50 Kick @ 1:00			2	2:00
		6 x 50 Pull @ 1:00			2	2:00
25	1150	2 x 25 Starts @ 2:00			2	8:00
		2 x	First Set			
		2 x 100 Pull (Low Strokes) @ 1:20			3	1:20
		6 x 50 BA (pull) @ 1:00			3	2:00
		8 x 25 Sprint (pull) @ 0:30			6	2:00
		50 1 OTB @ 1:00			3	2:00
60	2950	3 x 50 Easy @ 1:03			1	2:06