

3/1 Workout - All

Sunday, 03/01/2020

Game day to start the taper of non-national qualifying swimmers for Iowa State and the time trial. Taper will mainly be focused on swimming at Iowa but can be carried over to the time trial if necessary.

| | | 03/01 | Total average set length for the practice: 10 mins. | Avg. intensity: 2.0 | Avg. 100 interval: 2:06 | |
|------|------|------------------------------------|---|---------------------|-------------------------|------|
| Mins | Dist | Stroke / Equipment | | | Int | /100 |
| 20 | 950 | Warm Up | | | | |
| | | 2 x 200 Swim @ 3:00 | | | 2 | 1:30 |
| | | 6 x 50 Kick @ 1:00 | | | 2 | 2:00 |
| | | 8 x 25 Odds: fast Evens: UW @ 0:30 | | | 2 | 2:00 |
| | | 2 x 25 Starts @ 2:00 | | | 2 | 8:00 |
| | | Games | | | | |
| | | Relays | | | | |
| | | S&M | | | | |
| | | end game of polo | | | | |