

3/2 Workout - All

Monday, 03/02/2020

First of the taper practices for Iowa state. Anyone who will be tapering will take all evens off for the entire practice. If anyone sticks around, they will do only 5 of the 100s on a slower interval.

		03/02	Total average set length for the practice: 17 mins.	Avg. intensity: 4.0	Avg. 100 interval: 1:31		
Mins	Dist	Stroke / Equipment			Int	/100	
		Warm Up					
		300 Swim @ 4:30			2	1:30	
		2 x 100 Kick @ 4:00			2	4:00	
		8 x 50 Drill/Swim @ 1:00			3	2:00	
25	950	2 x 25 Starts @ 2:00			3	8:00	
		2 x	First Set				
			8 x 50 Fast Stroke/Free @ 1:15			5	2:30
53	2150		8 x 25 Odd: UW, Evens: Fast @ 0:30			5	2:00
		Bus Break					
			Second Set				
66	3150		10 x 100 Pace @ 1:15			4	1:15
		2 x	4 x 75 BA @ 1:30			4	2:00
84	3950		4 x 25 Sprint @ 0:45			6	3:00