

3/5 Workout - All

Thursday, 03/05/2020

*****TAPER ADJUSTMENTS: only do warm up and first two rounds of set. All sprinting should be kept to 80% or lower, working on racing speed and technique.***** Today's set focuses on stroke work and 200 pacing. The first set is shorter bursts of sprint work with long intervals of rest. the second set focuses on swimming a 200 by breaking it up into multiple 50s. There are 4 rounds written but I think they will only get through 2 or 3 rounds.

		03/05	Total average set length for the practice: 23 mins.	Avg. intensity: 3.2	Avg. 100 interval: 0:54		
Mins	Dist	Stroke / Equipment			Int	/100	
		Warm Up					
		300 Swim @ 4:30				2	1:30
		200 Kick @ 4:00				2	2:00
		4 x 75 25 Drill 50 Stroke @ 1:20				2	1:46
		8 x 25 Odds: Build Evens: Blast @ 0:30				2	2:00
23	1050	2 x 25 Starts @ 2:00				2	8:00
		4 x					
		4 x 25 Sprint Stroke @ 0:45				6	3:00
		50 Easy @ 1:00				2	2:00
44	1950	75 Sprint Stroke @ 1:15				6	1:40
		Bus Break					
		4 x					
		Second Set					
		50 OTB (get time) @ 2:00				3	4:00
		50 easy @ 1:00				3	2:00
		2 x 50 time + 4 EASY SPEED @ 0:45				3	1:30

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2 x 50 time + 4 ADD LEGS @ 0:45

3 1:30

2 x 50 time + 2 Sprint @ 0:45

3 1:30

2 x 50 time (if possible) FINISH @ 0:45

3 1:30

2 x 50 easy @ 1:30

3 3:00