

10/11 Workout (Group B) - All

Sunday, 10/11/2020

This workout focuses on gaining a feel for the water and getting a workout in. This should be a challenging workout if you have not swam in a while and if you need to adjust the times, feel free. There will be a huge emphasis placed on drill to really work out getting everyone's strokes down.

| 10/11 Total average set length for the practice: 23 mins. Avg. intensity: 2.4 Avg. 100 interval: 1:42 | | | | | |
|---|------|---------------------------------------|-----|------|--|
| Mins | Dist | Stroke / Equipment | Int | /100 | |
| 25 | 1100 | 2 x 100 Choice @ 1:30 | 1 | 1:30 | |
| | | 8 x 50 Stroke/Free @ 1:10 | 1 | 2:20 | |
| | | 6 x 50 Kick @ 1:15 | 1 | 2:30 | |
| | | 8 x 25 DPS @ 0:30 | 3 | 2:00 | |
| 51 | 2350 | First Set | | | |
| | | 4 x 100 Choice @ 1:30 | 3 | 1:30 | |
| | | 9 x 50 Kick (2 medium, 1 pace) @ 1:15 | 3 | 2:30 | |
| | | 16 x 25 GOLF @ 0:30 | 3 | 2:00 | |
| 70 | 3150 | 4 x Second Set | | | |
| | | 4 x 25 Drill @ 0:40 | 3 | 2:40 | |
| | | 2 x 50 Perfect Swimming @ 1:00 | 3 | 2:00 | |