

10/16 Workout (Group A) - All

Friday, 10/16/2020

This workout focuses on kicking. The main set is 800 yards of kicking with loose intervals. This workout also has a lot of extra time built in incase the intervals are too difficult. The second set works on swimming with tired legs with different strokes and distances.

		10/16	Total average set length for the practice: 21 mins.	Avg. intensity: 2.9	Avg. 100 interval: 2:29		
Mins	Dist	Stroke / Equipment			Int	/100	
16	700	200 Choice @ 4:00			1	2:00	
		2 x 100 50 Drill, 50 Swim @ 2:00			1	2:00	
		12 x 25 Drill @ 0:40			1	2:40	
38	1500	First Set					
		8 x 50 Kick @ 1:30			4	3:00	
		2 x 100 Kick @ 2:30			4	2:30	
		200 Kick @ 4:30			4	2:15	
62	2450	Second Set					
		9 x 50 Swim 1: Pace 2: Easy @ 1:15			3	2:30	
		12 x 25 ODD: Free Even: Stroke @ 0:40			3	2:40	
		200 Choice pace @ 4:00			5	2:00	