

10/16 Workout (Group B) - All

Friday, 10/16/2020

This workout focuses kicking. Groups A and B have the same workout, Group B is just running through it twice with some swimming built in. The interval suggestions next to the swimming are ideas for making the workout more difficult if it is too easy. You will notice the second set is the same as the first day and that is because we are really trying to push drilling and working on your stroke!

10/16 Total average set length for the practice: 23 mins. Avg. intensity: 2.9 Avg. 100 interval: 1:08					
Mins	Dist	Stroke / Equipment	Int	/100	
19	1000	200 Choice @ 3:15	1	1:37	
		4 x 100 50 Stroke/ 50Free @ 1:40	1	1:40	
		8 x 50 DPS @ 1:00	1	2:00	
51	2600	2 x First Set			
		8 x 50 Round 1: Kick Round 2: Swim (interval -10sec) @ 1:00	4	2:00	
		2 x 100 Round 1: Kick Round 2: Swim (interval -30sec) @ 2:00	4	2:00	
		200 Round 1: Kick Round 2: Swim (interval -60sec) @ 4:00	4	2:00	
70	3400	4 x Second Set			
		4 x 25 Drill @ 0:40	3	2:40	
		2 x 50 Perfect Swimming @ 1:00	3	2:00	