

10/21 Workout (Group A) - All

Wednesday, 10/21/2020

Today's workout mainly focuses on non-free swimming. The warm up is beginning to stabilize out to the normal distance and time for each warmup. The main set works on stroke in shorter splits in longer distances. + if you are doing backstroke -10sec for everything in the main set.

10/21 Total average set length for the practice: 34 mins. Avg. intensity: 2.7 Avg. 100 interval: 1:33					
Mins	Dist	Stroke / Equipment	Int	/100	
29	1200	200 Choice @ 3:15	1	1:37	
		200 50 Stroke/ 50 Free @ 3:30	1	1:45	
		8 x 50 Drill/Swim @ 1:10	1	2:20	
		16 x 25 O: Drill E: Swim @ 0:40	1	2:40	
67	2900	2 x Main Set+ (CHECK DESCRIPTION)			
		200 50 Stroke/ 50 Kick @ 3:30	4	1:45	
		2 x 100 50 Stroke/ 50 Choice+ @ 1:45	4	1:45	
		4 x 50 Stroke @ 1:10	2	2:20	
		10 x 25 O: Easy E: Fast (Stroke) @ 0:40	5	2:40	