

# 10/23 Workout (Group A) - All

Friday, 10/23/2020

Today's workout mainly focuses on distance swimming. The warm up is building for next week to begin doing a 300 to start off with. The main set is a classic 10x100 free. The second set is supposed to be a little more easy swimming to continue on drill work + Feel free to change the interval so you are getting roughly 15 seconds rest between the 100s. + The 8-50s are 25 swim and then 25 drill. The focus is to work on your turns! (PS there is no description to see if you are looking here!)

		10/23	Total average set length for the practice: 24 mins.	Avg. intensity: 1.7	Avg. 100 interval: 2:14	
Mins	Dist	Stroke / Equipment			Int	/100
		200 Choice @ 3:15			1	1:37
		200 Kick @ 4:30			1	2:15
		200 25 Drill 25 Swim @ 3:30			1	1:45
		4 x 100 Choice @ 1:40			1	1:40
26	1200	8 x 25 UW As far as possible (AFAP) @ 0:45			1	3:00
		Main Set+				
		10 x 100 Free @ 1:45			3	1:45
50	2400	4 x 50 O: Easy Kick E: Easy swim @ 1:30			1	3:00
		Second Set				
		12 x 25 Drill @ 1:00				4:00
72	3100	8 x 50 + @ 1:15			1	2:30