

10/23 Workout (Group B) - All

Friday, 10/23/2020

Today's workout mainly focuses on distance swimming. The warm up is has stabilized to around the distance and time for a normal warm up. The main set is a classic 12x100 free (added 2 for fun!). 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 focus is to hit the same number of strokes each 25 and to hit the same time for every 100 even when you get tied + The 8-50s are 25 swim and then 25 drill. The focus is to work on your turns, specifically the distance off the walls and start to count the number of kicks. (PS there is no description to see if you are looking here!)

10/23 Total average set length for the practice: 22 mins. Avg. intensity: 2.2 Avg. 100 interval: 2:05					
Mins	Dist	Stroke / Equipment	Int	/100	
		300 Choice @ 4:30	1	1:30	
		200 Kick @ 4:00	1	2:00	
		4 x 100 Choice @ 1:30	1	1:30	
21	1100	8 x 25 UW As far as possible (AFAP) @ 0:45	1	3:00	
		Main Set+			
		12 x 100 Free @ 1:30	4	1:30	
45	2500	4 x 50 O: Easy Kick E: Easy swim @ 1:30	1	3:00	
		Second Set			
		12 x 25 Drill @ 1:00		4:00	
67	3200	8 x 50 + @ 1:15	1	2:30	