

# 10/30 Workout (Group B) - All

Friday, 10/30/2020

Today is a test set day with a swim club classic. The time for the main set stays the same but the distance increases, NO REST BETWEEN ROUNDS, that ruins the effect. After completing that, it is time to go play some golf! + the way golf works is your score is the combination of your time plus the number of strokes you took for the 50. Obviously the goal is to get the lowest number possible, but with what combination....?

10/30 Total average set length for the practice: 23 mins. Avg. intensity: 2.4 Avg. 100 interval: 1:14					
Mins	Dist	Stroke / Equipment	Int	/100	
22	1100	300 Swim @ 4:30	1	1:30	
		200 Kick @ 4:00	1	2:00	
		8 x 50 Choice @ 0:50	1	1:40	
		8 x 25 O: Fast E: Easy @ 0:40	1	2:40	
50	2900	4 x First Set			
		75 Odd Rounds: Free Even Rounds: Stroke +10secs @ 1:40	1	2:13	
		100 Odd Rounds: Free Even Rounds: Stroke +10secs @ 1:40	3	1:40	
		125 Odd Rounds: Free Even Rounds: Stroke +10secs @ 1:40	4	1:20	
		150 Odd Rounds: Free Even Rounds: Stroke +10secs @ 1:40		1:06	
70	3850	Second Set			
		9 x 50 Golf+ @ 1:00	4	2:00	
		50 Easy @ 2:00	3	4:00	
		9 x 50 Golf+ @ 1:00	3	2:00	