

# 11/2 Workout (Group A) - All

Monday, 11/02/2020

Today's workout is a pyramid workout! You will be doing the same pyramid except 2 rounds are kicking and 2 rounds are swimming. This workout is shorter than usual so it doesn't look too scary. Each 'Level' of the pyramid has a different type of swimming associated with it. The first 25 will always be build, the second 25 will always be fast, the third 25 will always be easy, and the final 25 will always be fast.

		11/02	Total average set length for the practice: 19 mins.	Avg. intensity: 2.1	Avg. 100 interval: 1:23		
Mins	Dist	Stroke / Equipment			Int	/100	
		300 Swim @ 5:00			1	1:40	
		2 x 100 Kick @ 2:00			1	2:00	
		4 x 75 25 Stroke, 50 Free @ 1:20			1	1:46	
		4 x 50 Choice @ 1:00			1	2:00	
25	1200	8 x 25 Odd: Fast, Even: Easy @ 0:40			1	2:40	
		2 x	First Set				
			25 Kick (Build) @ 0:30			3	2:00
			50 Kick (Build, Fast) @ 1:00			3	2:00
			75 Kick (Build, Fast, Easy) @ 1:30			3	2:00
			100 Kick (Build, Fast, Easy, Fast) @ 2:00			3	2:00
			75 Kick (Build, Fast, Easy) @ 1:30			3	2:00
			50 Kick (Build, Fast) @ 1:00			3	2:00
41	2000		25 Kick (Build) @ 0:30			3	2:00
		2 x	Second Set (Repeat Set 1 with new times)				
			25 Swim (Build) @ 0:30			3	2:00
			50 Swim (Build, Fast) @ 0:55			3	1:50

57

2800

75 Swim (Build, Fast, Easy) @ 1:15

3 1:40

100 Swim (Build, Fast, Easy, Fast) @ 1:35

3 1:35

75 Swim (Build, Fast, Easy) @ 1:15

3 1:40

50 Swim (Build, Fast) @ 0:55

3 1:50

25 Swim (Build) @ 0:25

3 1:40