

11/2 Workout (Group B) - 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. 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. The swimming intervals are meant to be faster for this set since you will only be doing 1 of each distance at a time.

		11/02	Total average set length for the practice: 23 mins.	Avg. intensity: 2.3	Avg. 100 interval: 1:02	
Mins	Dist	Stroke / Equipment			Int	/100
25	1200	300 Swim @ 4:30			1	1:30
		4 x 100 Kick @ 2:00			1	2:00
		4 x 75 25 Stroke, 50 Free @ 1:20			1	1:46
		8 x 25 Odd: Fast, Even: Easy @ 0:40			1	2:40
43	2000	2 x First Set				
		25 Kick (Build) @ 0:25			3	1:40
		50 Kick (Build, Fast) @ 1:55			3	3:50
		75 Kick (Build, Fast, Easy) @ 1:20			3	1:46
		100 Kick (Build, Fast, Easy, Fast) @ 1:50			3	1:50
		75 Kick (Build, Fast, Easy) @ 1:20			3	1:46
		50 Kick (Build, Fast) @ 0:55			3	1:50
		25 Kick (Build) @ 0:25			3	1:40
		4 x Second Set (Repeat Set 1 with new times)				
		25 Swim (Build) @ 0:25			3	1:40
50 Swim (Build, Fast) @ 0:50			3	1:40		

69

3600

75 Swim (Build, Fast, Easy) @ 1:00

3 1:20

100 Swim (Build, Fast, Easy, Fast) @ 1:20

3 1:20

75 Swim (Build, Fast, Easy) @ 1:00

3 1:20

50 Swim (Build, Fast) @ 0:50

3 1:40

25 Swim (Build) @ 0:25

3 1:40