

11/4 Workout (Group A) - All

Wednesday, 11/04/2020

Today's workout focuses on the transition between easy swimming and fast swimming. +Pay careful attention to how the easy and fast are split up since they change around for each one!

		11/04	Total average set length for the practice: 36 mins.	Avg. intensity: 3.2	Avg. 100 interval: 1:20		
Mins	Dist	Stroke / Equipment			Int	/100	
21	1000	300 Swim @ 5:00			1	1:40	
		200 Kick @ 4:00			1	2:00	
		4 x 75 Choice @ 1:30			1	2:00	
		8 x 25 Sprint Cycle @ 0:40			1	2:40	
72	3400	2 x First Set +					
		3 x 100 Swim 2: Easy 1: Fast @ 1:40			3	1:40	
		6 x 75 Kick 1: Fast, 2: Easy @ 1:30			4	2:00	
		9 x 50 Stroke 2: Fast, 1: Easy @ 1:15			5	2:30	