

11/4 Workout (Group B) - 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! Try to work on speed over technique for all of the fast swimming and then really focus on the technique for the easy swimming.

11/04 Total average set length for the practice: 24 mins. Avg. intensity: 2.5 Avg. 100 interval: 1:38					
Mins	Dist	Stroke / Equipment	Int	/100	
		300 Swim @ 5:00	1	1:40	
		200 Kick @ 4:00	1	2:00	
		4 x 75 Choice @ 1:30	1	2:00	
21	1000	8 x 25 Sprint Cycle @ 0:40	1	2:40	
		4 x First Set			
		4 x 25 Drill @ 0:40	1	2:40	
36	1600	50 Perfect swimming @ 1:00	1	2:00	
		Second Set +			
		3 x 100 Swim 2: Easy, 1: Fast @ 1:30	3	1:30	
		9 x 50 Stroke 2: Fast, 1: Easy @ 1:00	3	2:00	
		6 x 75 Kick 1: Fast, 2: Easy @ 1:10	3	1:33	
		9 x 50 Swim 2: Fast, 1: Easy @ 1:00	5	2:00	
71	3550	3 x 100 Swim 2: Easy, 1: Fast @ 1:30	5	1:30	