

# 11/11 Workout (Group B) - All

Wednesday, 11/11/2020

Today's focus is on IM and stroke swimming. To begin there is a standard warm up. + The first set has two sets and you should do a different stroke for each round Ideally, the first round should be your best stroke and the second round should be your WORST stroke.  
 + The second set should be done straight through which is why the second 50 is on the 2minute.

11/11 Total average set length for the practice: 23 mins. Avg. intensity: 3.3 Avg. 100 interval: 1:09					
Mins	Dist	Stroke / Equipment		Int	/100
21	1100	1 x	300 Swim @ 5:30	1	1:50
			200 Kick @ 4:00	1	2:00
			4 x 75 25 Stroke, 50 Swim @ 1:15	1	1:40
			6 x 50 Stroke/Free @ 1:00	1	2:00
54	2900	2 x	First Set +		
			12 x 25 O: Stroke E: Free @ 0:30	4	2:00
			8 x 50 IM Order (Fly, Back, Breast, Free) @ 0:50	4	1:40
			200 IM @ 3:10	5	1:35
69	3500	4 x	Second Set +		
			4 x 25 IM order pace @ 0:25	5	1:40
			50 IM order by Round Fast @ 2:00	5	4:00