

11/13 Workout (Group A) - All

Friday, 11/13/2020

Today's focus is a pick your poison style work out! Being with a longer warm up that is a mix between a warm up and a main set.

Then PICK ONE OF THE SETS. You will not have time to do all of the sets. Set 1 is an IM set focusing on longer IM swimming. Set 2 is a spring set focusing on fast swimming. Set 3 is a distance set focusing on longer swimming and ending with a 400.

11/13 Total average set length for the practice: 31 mins. Avg. intensity: 3.4 Avg. 100 interval: 1:36					
Mins	Dist	Stroke / Equipment		Int	/100
		1x	300 Swim @ 5:15	1	1:45
			200 Swim @ 4:00	1	2:00
			100 Swim @ 1:40	3	1:40
			6 x 50 Kick @ 1:00	1	2:00
			6 x 50 Pull (or Drill/Swim) @ 1:00	1	2:00
			6 x 50 Stroke/Free @ 1:00	1	2:00
36	1700		8 x 25 O: Build E: Blast @ 0:40	1	2:40
			Set 1 +		
			8 x 50 IM Order BA @ 1:00	5	2:00
			2 x 100 IM @ 1:40	5	1:40
			50 Loosen @ 3:00	1	6:00
			8 x 50 IM Order BA @ 1:00	3	2:00
66	3150		2 x 200 IM @ 3:30	5	1:45
		4x	Set 2+		
			8 x 25 Sprint @ 0:30	6	2:00
94	4550		3 x 50 2: Fast 1: Easy @ 1:00	4	2:00

125

6250

Set 3+

5 x 100 Swim @ 1:40

3 1:40

2 x 200 Swim @ 3:15

3 1:37

8 x 50 Swim @ 1:00

3 2:00

400 Swim @ 6:40

5 1:40