

11/18 Workout (Group B) - All

Wednesday, 11/18/2020

The focus of today's work out is IM with a swimmer submitted set! Begin with a normal warm up and then move into the main IM set. Each round, you rotate through which stroke is associated with which distance. The intervals are loose enough that there should be enough rest for your slowest stroke. After that set, if you are up for it, there is a longer IM set to bring all the strokes back together.

11/18 Total average set length for the practice: 23 mins. Avg. intensity: 3.2 Avg. 100 interval: 1:06					
Mins	Dist	Stroke / Equipment	Int	/100	
22	1200	300 Choice @ 4:30	1	1:30	
		200 Kick @ 4:00	1	2:00	
		8 x 50 Stroke/Free @ 0:50	1	1:40	
		12 x 25 O: Stroke E; Drill @ 0:30	1	2:00	
55	3200	4 x First Set			
		2 x 100 By Round: Fly, Back, Breast, Free @ 1:30	4	1:30	
		2 x 75 By Round: Back, Breast, Free, Fly @ 1:10	4	1:33	
		2 x 50 By Round: Breast, Free, Fly, Back @ 0:50	4	1:40	
		2 x 25 By Round: Free, Fly, Back, Breast @ 0:30	3	2:00	
70	4000	Second Set			
		4 x 100 IM @ 1:45	4	1:45	
		2 x 200 IM @ 4:00	5	2:00	