

# 11/20 Workout (Group B) - All

Friday, 11/20/2020

Today's focus is on consistent swimming for a long period of time. To begin, there is a short warm up and then moving into a very long set where the goal is to swim for as long as possible without stopping! Try to make each of the fast parts of the workout the same throughout the entire workout.

		11/20	Total average set length for the practice: 35 mins.	Avg. intensity: 2.9	Avg. 100 interval: 1:46	
Mins	Dist	Stroke / Equipment			Int	/100
16	900	300 Swim @ 4:30			1	1:30
		200 Kick @ 4:00			1	2:00
		8 x 50 Choice @ 0:50			1	1:40
		First Set				
		10 x 25 O: Fast E: easy @ 0:45			4	3:00
		4 x 100 Choice @ 1:20			4	1:20
		10 x 50 2: Pace 1: Fast @ 0:50			4	1:40
		4 x 75 Choice @ 1:20			2	1:46
		10 x 25 O: BLAST E: easy @ 0:30			3	2:00
		200 Swim @ 2:45			3	1:22
69	3700	12 x 50 2: stroke 1: Fast @ 0:50			3	1:40
		12 x 25 Fast @ 0:30			5	2:00