

# 11/30 Workout (Group A) - All

Monday, 11/30/2020

The focus for today's practice is moving into sprint and speed work! Start out with a little bit longer warm up due to the holidays, then move into a longer first set. The second set works on speed with long rest between each of the fast 50s and 25s. Work on swimming each one like you would a race.

11/30 Total average set length for the practice: 21 mins. Avg. intensity: 3.0 Avg. 100 interval: 1:51					
Mins	Dist	Stroke / Equipment	Int	/100	
22	1200	2 x 200 Swim @ 3:15	1	1:37	
		4 x 100 50 Stroke 50 Free @ 1:40	1	1:40	
		8 x 50 Choice @ 1:00	1	2:00	
45	2550	First Set			
		6 x 125 Free @ 1:50	4	1:28	
		8 x 75 25 Kick, 50 Swim @ 1:30	3	2:00	
63	3350	Second Set			
		12 x 50 1 Sprint 2 Easy @ 1:00	5	2:00	
		8 x 25 Sprint @ 0:45	6	3:00	