

12/4 Workout (Group A) - All

Friday, 12/04/2020

Today's Practices marks the Start of the countdown to christmas with today being the "12th" Day! Start off with 12 50s, and 12 25s for warm up. The Focus of the first set is fast swimming in a set of 12! Finally, the second set has 4 rounds of 3 50s broken down still working on sprinting.

12/04 Total average set length for the practice: 23 mins. Avg. intensity: 2.5 Avg. 100 interval: 1:35					
Mins	Dist	Stroke / Equipment	Int	/100	
		300 Swim @ 5:00	1	1:40	
		2 x 100 Kick @ 2:00	1	2:00	
		6 x 50 Drill/Swim @ 1:10	1	2:20	
		6 x 50 Stroke @ 1:00	1	2:00	
30	1400	12 x 25 O: Build E: Blast @ 0:40	1	2:40	
		First Set (12th Day of Christmas)			
		12 x 75 25 Fast Stroke 50 Easy Choice @ 1:00	3	1:20	
51	2600	12 x 25 Fast @ 0:45	5	3:00	
		4 x Second Set			
		3 x 50 1 Fast 2 Easy @ 1:00	3	2:00	
69	3500	3 x 25 2 Fast 1 Easy @ 0:30	5	2:00	