

# 12/9 Workout (Group B) - All

Wednesday, 12/09/2020

Today marks the 10th day in the 12 days of Christmas set! Start out with a longer warm up that includes both the 12 and 11 portions of the work out. The main set is a version of a lactate set but with less rest. This means the times will be slower but the goal is to hit the same time on the first 100 compare to the second 100.

12/09 Total average set length for the practice: 38 mins. Avg. intensity: 3.7 Avg. 100 interval: 0:58					
Mins	Dist	Stroke / Equipment	Int	/100	
28	1375	300 Swim @ 4:30	1	1:30	
		200 Kick @ 4:00	1	2:00	
		12 x 50 Choice @ 1:00	3	2:00	
		11 x 25 Drill @ 0:35	3	2:20	
		5 x First Set			
76	3750	2 x 100 Sprint @ 2:00	6	2:00	
		2 x 75 Kick @ 1:30	4	2:00	
		5 x 25 Odd Rounds: Sprint Even Rounds: Drill/Loosen @ 0:30	3	2:00	