

12/11 Workout (Group B) - All

Today's set is the 9th day in the 12 days of Christmas set! Start out with a warm up that includes shorter pieces and has the 12 and 10 portion of the workout. The first set focuses on speed control both during the race and between the race. This includes the 9 portions and the 11 portion of the workout. The final set works on stroke where what you drill should be reflected in the 25s.

12/11 Total average set length for the practice: 22 mins. Avg. intensity: 3.2 Avg. 100 interval: 1:24					
Mins	Dist	Stroke / Equipment	Int	/100	
20	1150	300 Choice @ 4:30	1	1:30	
		12 x 50 Choice @ 0:50	1	1:40	
		10 x 25 Kick @ 0:30	1	2:00	
53	3325	First Set			
		9 x 125 First 50 Fast, Second 50 Easy, Last 25 Fast @ 1:45	5	1:24	
		11 x 75 Pace Choice @ 1:05	3	1:26	
		9 x 25 2 Fast, 1 Easy @ 0:30	4	2:00	
67	4000	3 x Second Set			
		3 x 50 Stroke Drill @ 1:00	3	2:00	
		3 x 25 Stroke Fast @ 0:30	5	2:00	