

4/11 Workout (Group A) - Group A

Sunday, 04/11/2021

First Day of Taper! Workout today has a longer warm up and then moves onto an easier sprint set. The end will be open for start and turn practice!

| | | 04/11 | Total average set length for the practice: 16 mins. | Avg. intensity: 3.5 | Avg. 100 interval: 2:04 | |
|------|------|------------------------------|---|---------------------|-------------------------|------|
| Mins | Dist | Stroke / Equipment | | | Int | /100 |
| | | 300 Swim @ 4:30 | | | 3 | 1:30 |
| | | 200 Kick @ 4:00 | | | 3 | 2:00 |
| | | 6 x 50 Pull or Choice @ 1:00 | | | 3 | 2:00 |
| | | 12 x 25 Drill @ 0:30 | | | 3 | 2:00 |
| 25 | 1150 | 2 x 25 Starts @ 2:00 | | | 3 | 8:00 |
| | | Main Set | | | | |
| | | 4 x 100 Pace @ 1:30 | | | 5 | 1:30 |
| | | 12 x 50 2 Fast 1 Easy @ 1:00 | | | 3 | 2:00 |
| 49 | 2350 | 8 x 25 Fast @ 0:45 | | | 5 | 3:00 |
| | | Starts/Turn Work | | | | |