

# 4/12 Workout (Group A) - Group A

Monday, 04/12/2021

Second day of taper dropping close to 2000 yards with very little fast swimming.

		04/12	Total average set length for the practice: 26 mins.	Avg. intensity: 2.9	Avg. 100 interval: 2:16		
Mins	Dist	Stroke / Equipment			Int	/100	
		300 Swim @ 4:30			3	1:30	
		2 x 100 Kick @ 2:00			3	2:00	
		4 x 75 25 Drill 50 Choice @ 1:30			3	2:00	
		6 x 50 Kick @ 1:00			3	2:00	
27	1175	3 x 25 Starts @ 2:00			3	8:00	
		Main Set					
		10 x 50 Choice @ 1:00			3	2:00	
		4 x 75 25 Stroke 50 Free @ 1:30				2:00	
52	2275	12 x 25 O: Fast (75%) E: Easy @ 0:45			3	3:00	