

4/12 Workout (Group B) - Group B

Monday, 04/12/2021

Second to last day of taper with a very short workout after the main warm up.

| | | 04/12 | Total average set length for the practice: 19 mins. | Avg. intensity: 3.0 | Avg. 100 interval: 2:11 | |
|------|------|----------------------------------|---|---------------------|-------------------------|------|
| 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 | | | | |
| 37 | 1675 | 10 x 50 Choice @ 1:00 | | | 3 | 2:00 |