

4/19 Workout (Group B) - Group B

Monday, 04/19/2021

Easy chill kick workout today ending with some easy swimming.

		04/19	Total average set length for the practice: 28 mins.	Avg. intensity: 3.0	Avg. 100 interval: 2:03	
Mins	Dist	Stroke / Equipment			Int	/100
		300 Swim @ 4:30			3	1:30
		4 x 100 Social Kick @ 2:15			3	2:15
		8 x 50 Choice @ 1:00			3	2:00
26	1150	2 x 25 Starts @ 2:00			3	8:00
		Main Set				
		25 Kick @ 0:30			3	2:00
		50 Kick @ 1:00			3	2:00
		75 Kick @ 1:30			3	2:00
		100 Kick @ 2:00			3	2:00
		100 Kick @ 2:00			3	2:00
		75 Kick @ 1:30			3	2:00
		50 Kick @ 1:00			3	2:00
		25 Kick @ 0:30			3	2:00
		12 x 25 Kick @ 0:30			3	2:00
55	2550	8 x 75 Pull or Choice @ 1:20			3	1:46