

4/5 Workout (Group A) - Group A

Monday, 04/05/2021

Workout today focuses on building sprint distance where the goal is to maintain the same speed as the distance increases.

The 25s are used to get the pace for the 50s/75s/ and 100s.

04/05 Total average set length for the practice: 27 mins. Avg. intensity: 3.0 Avg. 100 interval: 1:28				
Mins	Dist	Stroke / Equipment	Int	/100
		300 Swim @ 4:30	3	1:30
		4 x 75 Kick @ 1:30	3	2:00
		8 x 50 Pull or Choice @ 1:00	3	2:00
23	1050	2 x 25 Starts @ 2:00	3	8:00
		2 x Main Workout		
		8 x 25 O: Sprint E: Easy @ 0:30	3	2:00
		6 x 50 O: Sprint E: Easy @ 1:00	3	2:00
		2 x 75 O: Sprint E: Easy @ 1:30	3	2:00
53	2550	100 O: Sprint E: Easy @ 2:00	3	2:00