

4/5 Workout (Group B) - Group B

Monday, 04/05/2021

Workout today marks the start of taper with a much longer warm up and then moving onto the main set where the goal is to continue to swim fast as the distance increases.

		04/05	Total average set length for the practice: 25 mins.	Avg. intensity: 3.0	Avg. 100 interval: 2:04		
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 25 Drill 25 Swim @ 1:00			3	2:00	
		2 x 25 Starts @ 2:00			3	8:00	
		6 x 50 Kick @ 1:00			3	2:00	
35	1650	6 x 50 Pull or Choice @ 1:00			3	2:00	
		1 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 (90%) E: Easy @ 1:30			3	2:00
50	2400		100 O: Sprint (90%) E: Easy @ 2:00			3	2:00