

4/7 Workout (Group A) - Group A

Wednesday, 04/07/2021

Last Sprint workout today focuses on sprinting across different distances starting with longer distances and then moving toward shorter sprints.

		04/07	Total average set length for the practice: 28 mins.	Avg. intensity: 3.4	Avg. 100 interval: 2:04	
Mins	Dist	Stroke / Equipment			Int	/100
25	1150	300 Swim @ 4:30			3	1:30
		200 Kick @ 4:00			3	2:00
		4 x 75 KDS @ 1:30			3	2:00
		6 x 50 Choice @ 1:00			3	2:00
		2 x 25 Starts @ 2:00			3	8:00
55	2550	Main Set				
		4 x 50 Choice @ 1:00			3	2:00
		200 Sprint (Sprinters do 4x50 on 50) @ 3:30			6	1:45
		2 x 50 Loosen @ 1:15			3	2:30
		2 x 100 Sprint @ 1:45			6	1:45
		6 x 50 2 Fast 1 Easy @ 1:00			3	2:00
		12 x 25 O: Fast E: Easy @ 0:30				2:00
2 x 50 Loosen @ 1:15			3	2:30		