

2/10 Workout (Group B) - Group B

Wednesday, 02/10/2021

Workout for Group B today has a kick focus and ends with a longer swim to work on swimming on tired legs.

| | | 02/10 | Total average set length for the practice: 26 mins. | Avg. intensity: 3.0 | Avg. 100 interval: 2:02 | |
|------|------|--|---|---------------------|-------------------------|------|
| Mins | Dist | Stroke / Equipment | | | Int | /100 |
| | | 200 Swim @ 3:00 | | | 3 | 1:30 |
| | | 2 x 100 Kick @ 2:00 | | | 3 | 2:00 |
| | | 8 x 50 Drill/Swim @ 1:00 | | | 3 | 2:00 |
| 23 | 1100 | 12 x 25 Kick (push/warm up underwaters) @ 0:40 | | | 3 | 2:40 |
| | | Main Set | | | | |
| | | 200 Kick @ 4:00 | | | 3 | 2:00 |
| | | 10 x 50 Pace Kick @ 1:00 | | | 3 | 2:00 |
| | | 8 x 25 Kick underwater As Far As Possible @ 0:40 | | | 3 | 2:40 |
| 51 | 2450 | 6 x 75 Swim @ 1:15 | | | 3 | 1:40 |