

# 2/15 Workout (Group A) - Group A

Monday, 02/15/2021

Group A workout today focuses on distance with the main set being almost 2000 yards. The goal is to hit the same time for each 100 pace for every stroke.

02/15		Total average set length for the practice: 26 mins.	Avg. intensity: 3.8	Avg. 100 interval: 1:35	
Mins	Dist	Stroke / Equipment	Int	/100	
24	1300	300 Swim @ 4:30	3	1:30	
		2 x 200 Kick @ 4:00	3	2:00	
		6 x 50 25 Drill/25 Swim @ 1:00	3	2:00	
		6 x 50 Swim @ 0:50	3	1:40	
Main Set					
52	3150	200 Swim @ 2:45	3	1:22	
		4 x 100 Free Pace @ 1:20	5	1:20	
		6 x 75 Stroke @ 1:10	3	1:33	
		4 x 100 Stroke Pace @ 1:20	5	1:20	
		8 x 50 Choice Pace @ 0:45	5	1:30	