

# 2/17 Workout (Group B) - Group B

Wednesday, 02/17/2021

Group B Workout today is very structured and descends through out. The main set is rather short but introduces some faster intervals.

02/17		Total average set length for the practice: 22 mins.	Avg. intensity: 2.8	Avg. 100 interval: 1:13	
Mins	Dist	Stroke / Equipment	Int	/100	
14	800	200 Swim @ 3:00	3	1:30	
		200 Kick @ 4:00	3	2:00	
		2 x 100 Swim @ 1:30	3	1:30	
		2 x 100 Kick @ 2:00	3	2:00	
44	2400	2 x Main Set			
		4 x 50 Swim @ 0:45	3	1:30	
		4 x 50 Kick @ 1:00	3	2:00	
		8 x 25 Swim (O: Fast E: Easy) @ 0:30	3	2:00	
		8 x 25 Kick (O: Fast E: Easy) @ 0:30		2:00	