

2/17 Workout (Intro 5) - All

Wednesday, 02/17/2021

Intro workout 5 focuses on Stroke swimming and opening up swimming to more choice.

The second set is a little longer and this is the first work out is 2000 yards. Drill suggestions for today: Fly - Dolphin Pulses Back - Log Roll Breast - 2 Kick 1 Pull Free - One Arm Extension

02/17		Total average set length for the practice: 28 mins.		Avg. intensity: 3.0		Avg. 100 interval: 2:01	
Mins	Dist	Stroke / Equipment				Int	/100
28	1000	2 x 100 Swim (notice interval drop) @ 1:50				3	1:50
		100 Kick @ 2:30				3	2:30
		8 x 50 Choice (Swim, Kick, Drill...) @ 1:20				3	2:40
		12 x 25 O: Drill E: Kick @ 0:50				3	3:20
55	2000	2 x Main Set					
		4 x 50 Stroke (IM Order) @ 1:20				3	2:40
		2 x 100 50 Kick, 50 Swim @ 2:30				3	2:30
		4 x 25 Stroke @ 0:45				3	3:00