

2/21 Workout (Group B) - Group B

Sunday, 02/21/2021

Group B Workout today starts to introduce sprinting and some faster swimming. For clarity, Fast is simply swimming for time while sprint is swimming it like its a race.

02/21		Total average set length for the practice: 27 mins.		Avg. intensity: 3.0		Avg. 100 interval: 1:17	
Mins	Dist	Stroke / Equipment				Int	/100
22	1200	300 Swim @ 4:30				3	1:30
		2 x 100 Kick @ 2:00				3	2:00
		4 x 75 Kick/Drill/Swim @ 1:15				3	1:40
		8 x 50 Stroke/Free @ 1:00				3	2:00
54	2700	2 x Main Set					
		2 x 100 Choice				3	
		9 x 50 2 Fast 1 Easy @ 1:00				3	2:00
		4 x 25 Sprint Choice @ 1:00				3	4:00