

2/21 Workout (Intro 6) - Intro session

Sunday, 02/21/2021

Intro workout 6 focuses on longer distance swimming and beginning to transition to group 2 workouts. If this is too difficult, there are 2 rounds for the main set, and you can reduce it down to 1. 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

02/21		Total average set length for the practice: 27 mins.	Avg. intensity: 3.0	Avg. 100 interval: 1:46	
Mins	Dist	Stroke / Equipment	Int	/100	
24	1000	2 x 100 Swim @ 2:00	3	2:00	
		2 x 100 Kick @ 2:30	3	2:30	
		12 x 50 Choice (Swim, Kick, Drill) @ 1:15	3	2:30	
54	2200	2 x Main Set			
		100 Swim @ 2:00	3	2:00	
		4 x 75 Swim @ 1:45	3	2:20	
		8 x 25 Choice, easy swimming @ 0:45	3	3:00	