

2/22 Workout (Group A) - Group A

Monday, 02/22/2021

Group B workout today focused on breaking the stroke apart into kicking and swimming where both work on pacing first and then moving to sprinting over a distance.

02/22		Total average set length for the practice: 29 mins.	Avg. intensity: 3.0	Avg. 100 interval: 3:10	
Mins	Dist	Stroke / Equipment	Int	/100	
27	1050	300 Swim @ 4:30	3	1:30	
		2 x 200 Kick @ 4:00	3	2:00	
		6 x 50 25 Kick UW AFAP, 25 Swim @ 1:15	3	2:30	
		2 x 25 Starts @ 3:00		12:00	
57	2650	4 x main Set			
		4 x 50 Odd Rounds: Kick Even Rounds Swim: @ 0:50	3	1:40	
		2 x 100 Sprint Odd Rounds: Kick Even Rounds: Swim @ 2:00	3	2:00	
		1 min rest between rounds			