

2/22 Workout (Group B) - Group B

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: 18 mins.	Avg. intensity: 2.9	Avg. 100 interval: 2:07	
Mins	Dist	Stroke / Equipment	Int	/100	
		300 Swim @ 4:30	3	1:30	
		2 x 200 Kick @ 4:00	3	2:00	
		8 x 50 25 Kick UW AFAP, 25 Swim @ 1:15	3	2:30	
29	1150	2 x 25 Starts @ 3:00		12:00	
		main Set			
		10 x 50 Kick (pace) @ 1:00	3	2:00	
43	1850	200 Sprint Kick @ 4:00	3	2:00	
		Secondary Set			
		10 x 50 Swim/pull @ 0:50	3	1:40	
55	2550	200 Sprint Swim/pull @ 3:00		1:30	