

2/22 Workout (Intro 7) - Intro session

Monday, 02/22/2021

Intro Workout 7 focuses on increasing swimming stamina with a warm-up that is equivalent distance to Group B's warm up. The main set also continues to focus on longer swimming and the total distance has slowly increased to match group B. Drill Suggestions for today: Fly - One Arm Back- L Drill Breast - 2 Kick 1 Pull (again because it is so important) Free - 6/3/6

02/22		Total average set length for the practice: 26 mins.	Avg. intensity: 3.0	Avg. 100 interval: 1:43	
Mins	Dist	Stroke / Equipment		Int	/100
26	1100	200 Swim @ 3:45		3	1:52
		2 x 100 Kick (notice interval drop) @ 2:20		3	2:20
		4 x 75 25 Drill 50 Swim @ 1:45		3	2:20
		8 x 50 Swim @ 1:10		3	2:20
52	2200	2 x Main Set			
		2 x 100 Swim @ 1:45		3	1:45
		4 x 50 Swim @ 1:15		3	2:30
		6 x 25 Kick @ 0:45		3	3:00