

2/24 Workout (Group B) - Group B

Wednesday, 02/24/2021

Group B workout today focuses on fast swimming with a 50 OTB for time at the end of the workouts. Focus on technique while swimming fast

02/24		Total average set length for the practice: 29 mins.	Avg. intensity: 3.0	Avg. 100 interval: 1:23	
Mins	Dist	Stroke / Equipment	Int	/100	
20	1100	2 x 200 Swim @ 3:00	3	1:30	
		4 x 50 Kick @ 1:00	3	2:00	
		4 x 75 25 Drill 50 Swim @ 1:30	3	2:00	
		8 x 25 O: Fast E: Easy @ 0:30	3	2:00	
57	2800	2 x Main Set			
		200 Swim @ 3:00	3	1:30	
		6 x 50 Desend 1-3,4-6 Choice @ 1:15	3	2:30	
		12 x 25 O: Sprint E: Easy @ 0:30	3	2:00	
		50 OTB for time @ 2:00	3	4:00	