

2/24 Workout (Intro 8) - Intro session

Wednesday, 02/24/2021

Intro Workout 8 focuses on increasing swimming speed and stamina with a warm-up that is equivalent distance to Group B's warm up. The main set today works on faster swimming to begin to get used to swimming quick! Fly - One Arm Back- L Drill Breast - 2 Kick 1 Pull (again because it is so important) Free - 6/3/6

02/24		Total average set length for the practice: 29 mins.	Avg. intensity: 2.7	Avg. 100 interval: 2:30	
Mins	Dist	Stroke / Equipment	Int	/100	
32	1300	200 Swim (notice interval Drop) @ 3:40	3	1:50	
		200 Kick (notice interval drop) @ 4:40	3	2:20	
		6 x 50 25 Drill/25 Swim @ 1:20	3	2:40	
		6 x 50 Kick @ 1:20	3	2:40	
		6 x 50 Swim @ 1:10	3	2:20	
		Main Set			
57	2200	9 x 50 2 Easy 1 Fast @ 1:15		2:30	
		2 x 75 Swim @ 1:45		2:20	
		12 x 25 O: Easy E: Fast @ 0:45	3	3:00	