

## 2/8 Workout (Group B) - Group B

Monday, 02/08/2021

Group A is the advanced group for people who have been swimming consistently over the break. The first practice skips the introduction and moves straight into working on retraining.

		02/08	Total average set length for the practice: 26 mins.	Avg. intensity: 3.0	Avg. 100 interval: 1:55	
Mins	Dist	Stroke / Equipment			Int	/100
21	1200	2 x 200 Choice @ 3:00			3	1:30
		2 x 100 Kick @ 2:00			3	2:00
		2 x 100 Pull/swim @ 1:30			3	1:30
		8 x 50 25 Stroke/25 Free @ 1:00			3	2:00
51	2650	Main Set				
		8 x 75 Pace/Smooth Swimming @ 1:15			3	1:40
		9 x 50 1 Fast, 2 Easy @ 1:00			3	2:00
		16 x 25 E: Drill O: Perfect Swimming @ 0:40			3	2:40