

# 3/10 Workout (Group A) - Group A

Wednesday, 03/10/2021

Group A workout today is an IM day! There will be 4 rounds cycling through the strokes with fast pace and ending with a 200 IM!

		03/10	Total average set length for the practice: 26 mins.	Avg. intensity: 3.0	Avg. 100 interval: 0:56		
Mins	Dist	Stroke / Equipment			Int	/100	
		300 Swim @ 4:30			3	1:30	
		2 x 100 Kick @ 2:00			3	2:00	
		4 x 75 By 25 Drill, Stroke, Free @ 1:30			3	2:00	
19	850	2 x 25 Starts @ 2:00			3	8:00	
		4 x	Main Set				
			6 x 50 IM order by round (breast round + 5-10 sec) @ 0:50			3	1:40
51	2850	200 IM @ 3:00			3	1:30	