

3/10 Workout (Group B) - Group B

Wednesday, 03/10/2021

Group B workout today is an IM day! There will be 4 rounds cycling through the strokes with short sprints ending with 100 IM!

		03/10	Total average set length for the practice: 27 mins.	Avg. intensity: 3.0	Avg. 100 interval: 1:08		
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	
		4 x 50 Choice @ 1:00			3	2:00	
23	1050	2 x 25 Starts @ 2:00			3	8:00	
		4 x	Main Set				
			4 x 50 IM order by round @ 1:00			3	2:00
			4 x 25 IM order by round (O: Fast E: Easy) @ 0:30			3	2:00
53	2650	100 IM @ 1:30			3	1:30	