

# 3/14 Workout (Group A+B) - All

Sunday, 03/14/2021

The workout today is the same for Groups A and B where it is a type of test set! The goal is to pick one of the distances and try to do as many 50s as possible. There are 2 options which make the distance harder. The first is that for every distance, you will leave 1 second later each distance. This will give you more rest but will reduce the time you have to swim. This option is better for sprinters. The other option is reducing the time for each 50 by 1 second each time which simply gives less time overall. This option is better for distance swimmers.

		03/14	Total average set length for the practice: 24 mins.	Avg. intensity: 3.0	Avg. 100 interval: 1:53		
Mins	Dist	Stroke / Equipment			Int	/100	
		200 Swim @ 3:00			3	1:30	
		2 x 100 Kick @ 2:00			3	2:00	
13	700	4 x 75 Choice @ 1:30			3	2:00	
		Main Set (1)					
43	2200	30 x 50 Free (leave +1 second per 50 OR -1sec per 50) @ 1:00			3	2:00	
		Main Set (2)					
84	3950	35 x 50 Stroke (leave +1 second per 50 OR -1sec per 50) @ 1:10			3	2:20	
		Main Set (3)					
122	6450	25 x 100 Choice (leave +1 second per 50 OR -1sec per 50) @ 1:30			3	1:30	
		After all Main Sets					
		Starts/Relays					