

# 3/15 Workout (Group B) - Group B

Monday, 03/15/2021

Group B is workout today focuses on kicking and then swimming with dead legs. The main set is two rounds through where the first round is kick and the second round is swim but you go straight through both rounds.

		03/15	Total average set length for the practice: 26 mins.	Avg. intensity: 3.0	Avg. 100 interval: 2:06	
Mins	Dist	Stroke / Equipment			Int	/100
		300 Swim @ 4:30			3	1:30
		200 Kick @ 4:00			3	2:00
		200 Swim @ 3:00			3	1:30
		6 x 50 Kick @ 1:00			3	2:00
22	1050	2 x 25 Starts UW AFAP @ 2:00			3	8:00
		Main Set				
		6 x 50 Kick (pace) @ 1:00			3	2:00
		8 x 25 O: Sprint Kick E: pace Kick @ 0:45			3	3:00
		100 Sprint Kick @ 2:00			3	2:00
		6 x 75 Stroke @ 1:15			3	1:40
		8 x 25 O: Sprint E: Swim @ 0:40			3	2:40
52	2400	100 OTB @ 2:00			3	2:00