

3/17 Workout (Group A) - Group A

Wednesday, 03/17/2021

Group A work out today is mainly focused on sprinting. The first set is designed to simply get yards in and the main focus is the second set which is a modified lactate set.

03/17 Total average set length for the practice: 17 mins. Avg. intensity: 3.0 Avg. 100 interval: 1:20					
Mins	Dist	Stroke / Equipment		Int	/100
		300 Swim @ 4:30		3	1:30
		4 x 75 Kick @ 1:30		3	2:00
		6 x 50 Choice @ 1:00		3	2:00
21	950	2 x 25 Starts @ 2:00		3	8:00
		2 x	First Set		
35	1950	4 x 125 Swim (Round 1 - 1:45 Round 2 - 1:40 (1:35(?)) @ 1:45		3	1:24
		4 x	Second Set		
		50 Loosen @ 1:00		3	2:00
51	2350	50 OTB @ 3:00		3	6:00