

3/1 Workout (Group B) - Group B

Monday, 03/01/2021

Group B workout for today is the first day that the intro group will combine with the intro group and group B. Because of this, some intervals are a little easier than normal. There are two rounds of the second set to allow the intro group to end early. The focus for today is long swimming and then sprinting after it.

03/01		Total average set length for the practice: 27 mins.		Avg. intensity: 3.0		Avg. 100 interval: 1:25	
Mins	Dist	Stroke / Equipment				Int	/100
22	1050	2 x 200 Swim @ 3:00				3	1:30
		2 x 100 Kick @ 2:00				3	2:00
		8 x 50 Pull or Swim @ 1:00				3	2:00
		2 x 25 Starts @ 2:00				3	8:00
54	2650	2 x Main Set					
		4 x 100 Choice (Pace) @ 1:40				3	1:40
		6 x 50 Pace on 100s/2 @ 1:00				3	2:00
		4 x 25 2 Fast 2 Easy (Straight into 2nd Round) @					
		0:40				3	2:40