

3/22 Workout (Group B) - Group B

Monday, 03/22/2021

Workout for Group B today continue to work on speed in stroke and free

| 03/22 Total average set length for the practice: 26 mins. Avg. intensity: 3.0 Avg. 100 interval: 1:26 | | | | | |
|---|------|---------------------------------|--|-----|------|
| Mins | Dist | Stroke / Equipment | | Int | /100 |
| | | 300 Swim @ 4:30 | | 3 | 1:30 |
| | | 2 x 100 Kick @ 2:00 | | 3 | 2:00 |
| | | 6 x 50 25 Kick/ 25 Drill @ 1:00 | | 3 | 2:00 |
| | | 6 x 50 Swim @ 1:00 | | 3 | 2:00 |
| 25 | 1150 | 2 x 25 Start @ 2:00 | | 3 | 8:00 |
| | | 2 x | Main Set | | |
| | | | 2 x 100 Swim @ 1:30 | 3 | 1:30 |
| | | | 4 x 75 Best Average (R1 - Stroke, R2 - Free -10sec) @ 1:20 | 3 | 1:46 |
| 52 | 2650 | | 5 x 50 Descend 1-5 @ 1:00 | 3 | 2:00 |