



3/24 Workout (Group B) - Group B

Wednesday, 03/24/2021

Workout B today will be one of the last long swim days of the season where the main focus is speed control for 150s.

		03/24		Total average set length for the practice: 27 mins.	Avg. intensity: 2.7	Avg. 100 interval: 1:15
Mins	Dist	Stroke / Equipment			Int	/100
		200 Swim (Straight into next one) @ 2:30			3	1:15
		100 Kick (Straight into next one) @ 1:45			3	1:45
		200 Swim (Straight into next one) @ 2:30			3	1:15
		100 Choice (Straight into next one) @ 1:30			3	1:30
18	700	4 x 25 Starts @ 2:00			3	8:00
		2 x	Main Set			
			200 100 Kick, 100 Swim @ 3:30			1:45
			4 x 150 Choice -5 sec per 50 @ 2:30			3 1:40
53	2700		4 x 50 Descend @ 1:00			2:00