

3/31 Workout (Group A) - Group A

Wednesday, 03/31/2021

Workout A has two options 2, pull and kick or stroke and free. Both options start with longer distances and then have a sprint component.

| | | 03/31 | Total average set length for the practice: 18 mins. | Avg. intensity: 3.0 | Avg. 100 interval: 1:34 | | |
|------|------|---------------------------------------|---|---------------------|-------------------------|------|--|
| Mins | Dist | Stroke / Equipment | | | Int | /100 | |
| | | 300 Swim @ 4:30 | | | 3 | 1:30 | |
| | | 2 x 100 Kick @ 1:30 | | | 3 | 1:30 | |
| | | 6 x 50 25 Drill/25 Swim @ 1:00 | | | 3 | 2:00 | |
| 15 | 850 | 2 x 25 Starts | | | 3 | | |
| | | Option 1 | | | | | |
| | | 3 x 100 Kick (Pace) @ 1:45 | | | 3 | 1:45 | |
| 26 | 1450 | 3 x 100 Pull (Pace) @ 1:25 | | | 3 | 1:25 | |
| | | 2 x | | | | | |
| | | 6 x 50 O: Kick E: Pull FAST @ 1:00 | | | 3 | 2:00 | |
| 50 | 2650 | 12 x 25 O: Uw E: sprint choice @ 0:30 | | | 3 | 2:00 | |
| | | Option 2 | | | | | |
| | | 4 x 100 Stroke (Pace) @ 1:40 | | | 3 | 1:40 | |
| 64 | 3500 | 6 x 75 Free (Pace) @ 1:05 | | | 3 | 1:26 | |
| | | 2 x | | | | | |
| | | 8 x 50 4 Stroke 4 Free FAST @ 1:00 | | | 3 | 2:00 | |
| 88 | 4700 | 8 x 25 O: Fast E: Pace @ 0:30 | | | 3 | 2:00 | |