

# 3/8 Workout (Group A) - Group A

Monday, 03/08/2021

Group A workout focuses on longer pulling over a longer distance. The goal for the 8 75s is to go fast on the odds but then try to maintain speed and feel for the water during the evens.

		03/08	Total average set length for the practice: 28 mins.	Avg. intensity: 3.0	Avg. 100 interval: 1:16		
Mins	Dist	Stroke / Equipment			Int	/100	
		300 Swim @ 4:30			3	1:30	
		200 Kick @ 4:00			3	2:00	
		8 x 50 Pull or Swim @ 1:00			3	2:00	
21	950	2 x 25 Starts @ 2:00			3	8:00	
		2 x	Main Set				
			200 Swim or Pull @ 3:00			3	1:30
			8 x 75 Pull O: Fast E: Pace @ 1:15			3	1:40
55	2950		8 x 25 Fast Kick @ 0:30			3	2:00