

9/8 Workout - All

Sunday, 09/08/2019

Revised first day of practice. Should be more welcoming and enjoyable

		09/08	2,800	Total average set length for the practice: 17 mins.	Avg. intensity: 2.8	Avg. 100 interval: 2:20
Mins	Dist	Stroke / Equipment			/100	
		1 x	Warm Up			
			100 Swim @ 1:30		1:30	
			100 Kick @ 2:00		2:00	
			100 IMs @ 1:40		1:40	
			100 Pull @ 1:30		1:30	
10	500		100 Stroke @ 1:40		1:40	
		1 x	6 x 75 Free @ 1:15			1:40
			8 x 50 Kick @ 1:00		2:00	
			8 x 25 Drill @ 0:45		3:00	
42	1850		12 x 25 Odds: Sprint Evens:Easy @ 0:45		3:00	
		3 x	Relays			
54	2000		50 Relay (200 relays, says 50 for distance format) @ 4:00		8:00	
		2 x	200 Swim @ 3:15			1:37
69	2800		4 x 50 Stroke @ 1:00		2:00	