

9/9 Workout - All

Monday, 09/09/2019

Second practice, should still have some fun aspects to it. Focusing on drill work and Kicking for the second half.

		09/09	3,050	Total average set length for the practice: 15 mins.	Avg. intensity: 2.4	Avg. 100 interval: 2:21	
Mins	Dist	Stroke / Equipment				/100	
		1 x	Warm up				
			200 Swim @ 3:20			1:40	
			150 Kick @ 3:00			2:00	
			100 IM @ 1:45			1:45	
			100 Pull @ 1:40			1:40	
13	650		100 Stroke @ 1:45			1:45	
		4 x	First Set				
			100 Stroke @ 1:40			1:40	
			75 Kick @ 1:40			2:13	
			50 Drill @ 1:00			2:00	
34	1650		25 Sprint Free @ 0:40			2:40	
			Second Set				
50	1750		4 x 25 Race from the blocks (race a buddy) @ 4:00			16:00	
			Bus Break				
		1 x	Second Set				
			4 x 100 Kick @ 1:50			1:50	
			16 x 25 Drill @ 0:30			2:00	

75

3050

2 x 100 Kick @ 1:50

1:50

6 x 50 Swim @ 0:50

1:40