

9/12 Workout - All

Thursday, 09/12/2019

Third practice of the first week. This introduces the kicking focus of the first month. The second half has more bulk swimming due to there being a long break between practices.

		09/12	3,350	Total average set length for the practice: 19 mins.	Avg. intensity: 2.7	Avg. 100 interval: 2:04
Mins	Dist	Stroke / Equipment			/100	
		1 x	Warm Up			
			200 Swim @ 3:20		1:40	
			200 Kick @ 4:00		2:00	
			200 Pull @ 3:20		1:40	
17	800		4 x 50 IM Drill/Swim @ 1:15		2:30	
		1 x	First Set			
			200 Kick @ 4:00		2:00	
			2 x 100 Choice @ 1:45		1:45	
			150 Kick @ 3:00		2:00	
			6 x 50 stroke @ 0:55		1:50	
			100 Kick @ 2:00		2:00	
			10 x 25 Drill @ 0:45		3:00	
46	2050		50 Kick @ 1:30		3:00	
			Bus Break			
			8 x 50 Drill/Swim @ 1:15		2:30	
			8 x 75 Pull @ 1:30		2:00	

75

3350

300 50 Fly/Back/Breast 50 Free @ 4:30

1:30