

9/12 Workout (ALTERNATE) - All

Thursday, 09/12/2019

This practice is designed just Incase there is an increased amount of people for the first practice. The first part of practice will be split between swimming and dry land, the swim set will go straight through everything while the dry land group will go through a specific set. The second set is designed to then have longer swimming to keep the total yards consistant this means it could be a late practice so the entire thing might not be gotten to. This work out will be used if there will be greater than 12 a lane (over 48).

		09/12	3,300	Total average set length for the practice: 15 mins.		Avg. intensity: 3.6	Avg. 100 interval: 1:47	
Mins	Dist	Stroke / Equipment					/100	
		1 x	Warm Up					
			200 Free @ 3:00					1:30
			100 Kick (no board) @ 2:00					2:00
9	500		4 x 50 Choice @ 1:00					2:00
		1 x	First Set					
			8 x 50 IM order/Free @ 1:00					2:00
20	1000		4 x 25 Sprint @ 0:40					2:40
			Bus Break					
		1 x	Second Set					
			4 x 100 Free @ 1:20					1:20
			6 x 50 Kick (1 easy 2 fast) @ 1:00					2:00
			4 x 100 50 Stroke 50 Free @ 1:25					1:25
			8 x 75 Pull @ 1:15					1:40
			4 x 100 Stroke @ 1:30					1:30
60	3300		4 x 50 @ 1:30					3:00

