

# 9/22 Workout - All

Sunday, 09/22/2019

First longer swim set with game included. Goal will be to get through the warm up and first set as quick as possible to get to the game.

09/22							
		Total average set length for the practice: 12 mins.		Avg. intensity: 3.1	Avg. 100 interval: 1:39		
Mins	Dist	Stroke / Equipment			Int	/100	
		Warm up					
		200 Swim @ 3:00			2	1:30	
		200 Kick @ 4:00			2	2:00	
12	700	6 x 50 Pull @ 0:45			3	1:30	
		1 x	First set				
		4 x 50 Kick IM order @ 1:00			3	2:00	
		4 x 75 Odds Fly/Back/Breast/ Evens Back/Breast/Free @ 1:10			3	1:33	
29	1700	2 x 250 IM (add 50 of your choice) @ 4:00			3	1:36	
		Sharks and minos					
		First Break					
		Second Set					
		8 x 50 2 Turn 50s @ 1:00			2	2:00	
		6 x 125 Stroke @ 2:00			4	1:36	
58	3450	12 x 50 Pull Pace @ 0:45			4	1:30	
		300 Kick (Timed) @ 5:00			3	1:40	
69	4000	250 loosen @ 4:00				1:36	

