

9/26 Workout - All

Thursday, 09/26/2019

This practice mainly focuses on working on consistent swimming for the first part and the second part works on more stroke technique work. This gives swimmers a chance to refine there strokes with in the first month of the season.

09/26 Total average set length for the practice: 21 mins. Avg. intensity: 3.3 Avg. 100 interval: 1:50					
Mins	Dist	Stroke / Equipment	Int	/100	
16	900	1 x Warm up			
		300 Swim @ 5:00	2	1:40	
		200 IM @ 3:30	2	1:45	
		200 Kick @ 4:00	2	2:00	
		200 Pull @ 3:00	2	1:30	
46	2500	2 x First Set			
		200 50 Kick/Drill/ 50 Swim @ 3:30	3	1:45	
		3 x 100 Kick (Pace) @ 2:00	4	2:00	
		4 x 75 Descend by 4 Fly/Back/Breast/Free (round 2 Stroke) @ 1:20	4	1:46	
82	4400	Bus Break			
		1 x Second Set			
		4 x 50 Broken (start, turn, finish) @ 2:00	2	4:00	
		15 x 100 Free (BA) @ 1:30	4	1:30	
		200 Loosen @ 5:00	1	2:30	