

10/3/19 Workout - All

Thursday, 10/03/2019

This practice begins working on underwater and kicking to begin the focus of October. The second set is challenging IM set that focuses on swimming a paced IM. Freestylers (myself) will instead be doing 12x50 on the 35 or 40 to work on swimming fast with little rest for the first round and then. 4x100 pace+5-10 for the second set.

10/03 Total average set length for the practice: 12 mins. Avg. intensity: 3.3 Avg. 100 interval: 2:05					
Mins	Dist	Stroke / Equipment	Int	/100	
		Warm up			
		300 Swim @ 5:00	2	1:40	
		2 x 100 Kick @ 2:00	2	2:00	
18	950	3 x 150 IM @ 3:00	2	2:00	
		First set			
		6 x 75 25 underwater AFAP/ 50 Free @ 1:30	3	2:00	
		16 x 25 Kick (rotation underwaters) @ 0:40	4	2:40	
44	2200	4 x 100 50 Fly/Back/Breast/ 50 Free (underwater focused) @ 1:30	4	1:30	
		Bus Break			
		Start work			
		4 x 25 Starts (finish with a flip) @ 3:00	2	12:00	
62	2600	12 x 25 Stroke Drill @ 0:30	3	2:00	
		Second Set			
68	2800	4 x 50 Breast (odds easy evens Fast) @ 1:30	2	3:00	
		2 x 4 x 50 IM order (on breast time) @ 0:40	5	1:20	

76 3400

100 Free @ 0:30

3 0:30

83 3800

8 x 50 IM order (breast time) @ 0:40

5 1:20