

# 10/7 Workout - All

Monday, 10/07/2019

The first set works on Kicking with pace and continues with working the legs. The second set gets more yards in and then works on Drills for the stroke. The order of the second set can be switched if the Drill would work better in front of the long set.

10/07 Total average set length for the practice: 17 mins. Avg. intensity: 2.9 Avg. 100 interval: 1:53					
Mins	Dist	Stroke / Equipment	Int	/100	
		Warm Up			
		400 Swim @ 5:00	2	1:15	
		200 Kick @ 4:00	2	2:00	
17	1000	8 x 50 25 Drill/25 Swim @ 1:00	2	2:00	
		2 x First Set			
		200 50 Fly/Back/Breast/ 50 Free @ 3:00	3	1:30	
		4 x 100 Kick BA @ 1:50	3	1:50	
50	2600	8 x 25 Underwater halfway @ 0:45	3	3:00	
		Bus Break			
		Second Set			
		10 x 125 100 Free/ 25 Stroke @ 1:50	4	1:28	
81	4250	16 x 25 Drill @ 0:45	2	3:00	
		Loosen			
84	4450	200 Swim	1		