

# 10/10 Workout - All

Thursday, 10/10/2019

Focus today is working on pull and speed work. Opportunity for a no breath 100 before the bus comes so everyone can try it if they wish. Can remove the second set of 4 50s to allow for the time for this. For the second set it works on speed control.

		10/10	Total average set length for the practice: 21 mins.	Avg. intensity: 3.2	Avg. 100 interval: 1:08			
Mins	Dist	Stroke / Equipment			Int	/100		
		1 x	Warm Up					
			300 Free @ 5:00			2	1:40	
			2 x 100 Kick @ 2:00			2	2:00	
			4 x 50 Drill/Swim @ 1:00			2	2:00	
19	900		8 x 25 Odds: Drill Evens: Underwater @ 0:40			2	2:40	
		2 x	First Set					
			6 x 75 Pull/Free @ 1:15			3	1:40	
42	2200		4 x 50 Fly, Back, Breast Odds: Easy, Evens: Fast @ 1:00			4	2:00	
			Bus Break					
45	2300		100 No Breath!! @ 3:00			3	3:00	
		2 x	Second Set					
			200 Free or Fly/Back/Breast @ 3:00			3	1:30	
			4 x 150 Descend by 5 seconds per 50 @ 2:20			4	1:33	
82	4500		6 x 50 Descend 1-3 Kick @ 1:00			3	2:00	