

10/19 Meet Warm UP - All

Saturday, 10/19/2019

General Meet warm up.

		10/19 Total average set length for the practice: 29 mins. Avg. intensity: 3.0 Avg. 100 interval: 2:00		
Mins	Dist	Stroke / Equipment	Int	/100
	1	Meet Warm up		
		400 Swim @ 6:00	3	1:30
		4 x 100 Kick/Swim @ 1:45	3	1:45
		8 x 50 Stroke/Free @ 1:00	3	2:00
		8 x 25 Build/Blast @ 0:30	3	2:00
29	1450	2 x 25 Starts @ 2:00	3	8:00

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