

10/24 Workout - All

Thursday, 10/24/2019

Working on meet prep for the next meet in Minnesota.

		10/24	Total average set length for the practice: 20 mins.	Avg. intensity: 3.1	Avg. 100 interval: 1:51		
Mins	Dist	Stroke / Equipment			Int	/100	
		1 x	Warm Up				
			100 Swim @ 1:30		2	1:30	
			200 Swim @ 3:00		2	1:30	
			300 Swim @ 5:00		2	1:40	
			4 x 50 Kick		2		
			4 x 50 Pull/Swim		2		
20	1200		4 x 50 25 Fly/Back/Breast/ 25 Free		2		
		2 x	First Set				
			2 x 25 Dives @ 2:00		3	8:00	
			4 x 25 Build to a flip @ 0:45		3	3:00	
43	2100		6 x 50 Free @ 0:45		3	1:30	
			Bus Break				
			Second set				
			5 x 100 Adding 25 stroke @ 1:30		4	1:30	
			12 x 75 Kick @ 1:20		4	1:46	
			9 x 50 2 fast 1 easy (kick, Stroke, Free) @ 1:00			2:00	
81	4350		400 Pull/Swim (build) @ 5:00		3	1:15	

