

# 11/10 Workout - All

Sunday, 11/10/2019

No practice today but this is part of the set that would have been done for taper. First part of the set is longer swimming to get some yards in and the second set is to work on speed work.

		11/10	Total average set length for the practice: 27 mins.	Avg. intensity: 3.2	Avg. 100 interval: 1:22	
Mins	Dist	Stroke / Equipment			Int	/100
		<b>Warm Up</b>				
		300 Swim @ 5:00			2	1:40
		2 x 100 Kick @ 2:00			2	2:00
		200 Pull @ 4:30			2	2:15
18	900	8 x 25 Drill @ 0:30			2	2:00
		<b>First Set</b>				
		12 x 75 Swim @ 1:10			3	1:33
42	2300	10 x 50 Stroke @ 1:00			3	2:00
		3 x	<b>Second Set</b>			
			4 x 50 Pace Stroke @ 1:00			3 2:00
			2 x 75 Build @ 1:30			4 2:00
			6 x 25 Sprint @ 0:40			6 2:40
80	3950		50 Easy @ 1:30			3 3:00