

# 11/11 WorkOut - All

Monday, 11/11/2019

No Practice today. Beginning of taper for Regionals, Starting out with meet warm up and then adding some meet practice.

		11/11	Total average set length for the practice: 21 mins.	Avg. intensity: 2.5	Avg. 100 interval: 1:57		
Mins	Dist	Stroke / Equipment			Int	/100	
		<b>Warm up</b>					
		400 Swim @ 5:00				2	1:15
		4 x 100 Kick/Swim @ 1:45				2	1:45
		8 x 50 Stroke/Free @ 1:00				2	2:00
24	1400	8 x 25 Build/Blast @ 0:30				2	2:00
		<b>First set</b>					
		12 x 25 Drill @ 0:30				2	2:00
		4 x 100 50 Easy 50 pace @ 2:00				3	2:00
		10 x 50 Kick @ 1:10				3	2:20
57	2900	4 x 75 Kick 50 easy 25 sprint @ 1:40					2:13
63	3100	200 IM / Swim @ 4:00				4	2:00