

11/12 WorkOut - All Tuesday, 11/12/2019

Normally we do not have practice on Tuesday but this is part of the full taper plan. This is a light practice focusing on technique work.

		11/12 Total average set length for the practice: 27 mins. Avg. intensity: 2.3 Avg. 100 interval: 2:05		
Mins	Dist	Stroke / Equipment	Int	/100
		Warm Up		
		400 Swim @ 5:30	2	1:22
		4 x 100 50 Kick/50 Swim @ 1:45	2	1:45
		8 x 50 Stroke/Free @ 1:00	2	2:00
27	1400	8 x 25 Build/Blast @ 0:40	2	2:40
		First Set		
		8 x 50 Two-Turn @ 1:00	3	2:00
		16 x 25 Drill @ 0:40	2	2:40
54	2500	6 x 50 2 Pace 1 Easy @ 1:15	3	2:30

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