

11/14 WorkOut - All Thursday, 11/14/2019

Last Practice before Regionals, nice easy practice with time to work on each individual race.

		11/14 Total average set length for the practice: 17 mins. Avg. intensity: 2.0 Avg. 100 interval: 2:14		
Mins	Dist	Stroke / Equipment	Int	/100
		Warm Up		
		2 x 200 Swim @ 3:15	2	1:37
		2 x 100 Kick @ 2:00	2	2:00
		8 x 50 Stroke/Free @ 1:00	2	2:00
		8 x 25 Build/Blast @ 0:45	2	3:00
		2 x 25 Starts @ 2:00	2	8:00
33	1450	4 x 50 Choice @ 1:00	2	2:00
		Race work		

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