

# 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	
		<b>Warm Up</b>					
		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
		<b>Race work</b>					