

11/17 Workout - All

This practice is just after regionals which was a long weekend, today the focus is just getting in yards and long swimming to try to loosen up after the meet and to regain any stamina that was lost over the "taper" period. The warm is a little longer to get the mind ready for the 200 later. The first set focuses on your stroke to have it ready for the second half of the practice which is just long continuous swimming. Begin to transition to sprinting toward the end of the semester.

		11/17	Total average set length for the practice: 20 mins.	Avg. intensity: 2.7	Avg. 100 interval: 1:35		
Mins	Dist	Stroke / Equipment			Int	/100	
		Warm Up					
		200 Swim @ 3:00				2	1:30
		4 x 50 Kick @ 1:00				2	2:00
		200 Swim @ 3:00				2	1:30
		6 x 50 Stroke/Free @ 1:00				2	2:00
19	1100	200 Swim @ 3:00				2	1:30
		First Set					
		12 x 25 Drill @ 0:30				2	2:00
		10 x 50 Swim @ 0:50				3	1:40
46	2650	6 x 125 50 kick/75 Swim OR Pull @ 2:00				3	1:36
		Bus Break					
		Second Set					
		6 x 200 Pull or Swim @ 2:45				3	1:22
78	4850	10 x 100 Swim @ 1:30				3	1:30