

11/18 Workout - All

Second Practice back after Regionals and the last distance focuses practice of the semester. Transitioning into sprinting and some fun after this. Starts off with normal warm up and then goes to a longer IM set. The second half is focusing on long powerful strokes by trying to keep your score as low as possible. Take the first 2 to get the pace for the rest of the 18 holes.

		11/18	Total average set length for the practice: 18 mins.	Avg. intensity: 3.2	Avg. 100 interval: 1:35	
Mins	Dist	Stroke / Equipment			Int	/100
		Warm Up				
		300 Swim @ 5:00			2	1:40
		200 Kick @ 4:00			3	2:00
		4 x 75 Pull or Swim @ 1:15			2	1:40
		8 x 25 Drill @ 0:30			2	2:00
22	1050	2 x 25 Starts @ 2:00			3	8:00
		First Set				
		20 x 50 Golf (UW kicks/Strokes) on Pace @ 1:00			4	2:00
48	2350	12 x 25 2 Fast, 1 Easy @ 0:30			3	2:00
		Bus Break				
		2 x	225 IM (chioce for 25 extra) @ 3:30		3	1:33
			3 x 125 Floating IM @ 1:50		4	1:28
84	4450		6 x 75 Kick @ 1:20		3	1:46
91	4650		200 Loosen @ 5:00		2	2:30