

# 11/21 Workout - All

First Practice introducing intense sprinting and distance sprinting. There is a difference between fast and sprint. Fast is about 90-95% effort and sprinting is 100% effort with race style technique. Most of the beginning will start out as fast swimming as our stamina for sprinting is not high enough to sprint for a long duration. Fast will denoted with an intensity level of 5 and sprinting will be denoted as an intensity level of 6. This is one continuous set where anyone who will need to leave for the bus will get out roughly around the end of the 4x100s but the rest of the set will continue straight through.

11/21 Total average set length for the practice: 18 mins. Avg. intensity: 3.1 Avg. 100 interval: 1:53					
Mins	Dist	Stroke / Equipment	Int	/100	
		<b>Warm up</b>			
		300 Swim @ 5:00	2	1:40	
		200 Pull or Swim @ 3:00	2	1:30	
14	800	6 x 50 Drill/Swim @ 1:00	2	2:00	
		<b>First Set</b>			
		5 x 100 Pace @ 1:25	3	1:25	
		2 x 25 Sprint OTB @ 2:00	3	8:00	
		450 Pull @ 5:20	2	1:11	
		4 x 25 Sprint OTB @ 2:00	6	8:00	
46	2300	4 x 100 Pace @ 1:25	3	1:25	
		<b>Bus Break</b>			
		<b>Continue First set</b>			
		6 x 25 Kick UW AFAP Sprint @ 0:20	3	1:20	
		350 Pull @ 4:00	2	1:08	

		8 x 25 Broken 200 Fast @ 0:30	5	2:00
		3 x 100 Build to Fast Kick @ 2:20	5	2:20
		10 x 25 Odds: Fast no breath Evens: Fast @ 0:40	5	2:40
		250 loosen @ 4:00	1	1:36
		12 x 25 2 Fast 1 Easy @ 0:30	5	2:00
		2 x 100 Broken 200 Fast @ 1:30	5	1:30
84	4350	50 Sprint OTB for time @ 1:00	6	2:00
90	4550	200 Loosen @ 4:00	1	2:00