

11/25 Workout - All

Monday, 11/25/2019

Continuing on the sprinting for todays practice. Reminder fast is just trying to go as fast as possible how ever you can and sprint is going fast while working on sprinting technique.

		11/25	Total average set length for the practice: 22 mins.	Avg. intensity: 3.1	Avg. 100 interval: 0:59		
Mins	Dist	Stroke / Equipment			Int	/100	
		1 x	Warm Up				
			300 Swim @ 5:00		2	1:40	
			200 Kick @ 4:00		2	2:00	
			200 IM Drill/Swim @ 3:30		3	1:45	
			4 x 100 50 Kick/ 50 Stroke @ 1:45		2	1:45	
24	1150		2 x 25 Dives @ 2:00		2	8:00	
		2 x	First Set				
			2 x 100 50 easy 50 Fast @ 2:00		5	2:00	
			8 x 25 Fast @ 0:30		5	2:00	
44	2050		50 OTB @ 2:00		6	4:00	
			Bus Break				
		4 x	Second Set				
			10 x 50 Descend 1-5 (4 is fast, 5 is sprint) @ 0:50		3	1:40	
86	4450		100 Easy @ 2:00		2	2:00	