

12/2 Workout - All

Monday, 12/02/2019

First practice back after thanksgiving break. Starting out by working on underwater and sprinting. The first half does not include much distance because that is included in the second half. Since there are only a couple of practices left, Stamina will not be the main focus and instead the focus will be on sprint technique. The second half includes more distance and its capped off with sprinting. Overall the second half will allow for more stamina but will be it for the week.

		12/02	Total average set length for the practice: 21 mins.	Avg. intensity: 3.1	Avg. 100 interval: 1:17	
Mins	Dist	Stroke / Equipment			Int	/100
		Warm Up				
		300 Swim @ 5:00			2	1:40
		2 x 100 Kick @ 2:00			2	2:00
		200 Swim/Pull @ 3:15			2	1:37
		2 x 100 Choice @ 1:30			2	1:30
20	950	2 x 25 Starts @ 2:00			2	8:00
		First Set				3
		5 x 100 Descend to Fast (Swim) @ 1:30			4	1:30
		8 x 25 UW fast @ 0:30			3	2:00
		5 x 75 Stroke Pace/UW Fast/Free easy @ 1:15			4	1:40
		8 x 25 UW halfway then blast @ 0:30			5	2:00
45	2275	50 OTB sprint @ 2:00			3	4:00
		Bus Break				
		2 x	Second Set			
		300 Free @ 4:00			3	1:20

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4 x 100 Pull @ 1:20

3 1:20

4 x 50 Pull @ 0:50

3 1:40

300 50 Stroke/50 Free @ 4:00

3 1:20

50 Sprint @ 2:00

6 4:00