

# 12/9 Workout - All

Monday, 12/09/2019

Final Practice of the Semester! The first half will have a rat race where everyone lines up slowest to fastest in their lane and swims a 50 freestyle. The goal is to beat the time in front of you, if you don't, you switch places for the second race. Since I am not sure how long this will last, I made the first half go longer just in case. Everything after the rat race and between the bus break should only be done if their is time, i.e. once the break has been reached, move onto the second set. The second set is a little warm up and then a lactate set to end off the year!

12/09 Total average set length for the practice: 24 mins. Avg. intensity: 3.7 Avg. 100 interval: 2:43					
Mins	Dist	Stroke / Equipment	Int	/100	
		<b>Warm Up</b>			
		300 Swim @ 5:00	2	1:40	
		2 x 100 Kick @ 2:00	2	2:00	
		4 x 50 Drill/Free @ 1:00	2	2:00	
		8 x 25 Build/Blast @ 0:30	2	2:00	
18	950	50 Fast @ 1:00	5	2:00	
		<b>First Set</b>			
		2 x 50 Rat Race @ 10:00	6	20:00	
		4 x 100 Swim @ 1:30	3	1:30	
		16 x 25 ODDS: Fast EVENS: SPRINT @ 0:45	6	3:00	
64	2250	8 x 50 Descend 1-4 (Sprint) @ 1:00	5	2:00	
		<b>Bus Break</b>			
		<b>Second Set</b>			
		300 Swim @ 4:30	2	1:30	

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8 x 50 Choice @ 1:00  
4 x 100 Sprint @ 4:00  
200 loosen @ 4:00

3 2:00  
6 4:00  
3 2:00