

01/23 Total average set length for the practice: 22 mins. Avg. intensity: 2.8 Avg. 100 interval: 1:13					
Mins	Dist	Stroke / Equipment	Int	/100	
		Warm Up			
		200 Free @ 3:30	2	1:45	
		4 x 100 50 Free 50 Kick @ 2:00	2	2:00	
		10 x 50 2 Stroke 1 Free @ 1:0	2	2:00	
26	1150	2 x 25 Starts @ 2:00	2	8:00	
		2 x First Set			
		4 x 75 25 Build, 25 Fast, 25 Easy @ 1:15	3	1:40	
		4 x 50 Free @ 1:00	3	2:00	
48	2200	25 Start (Fast) @ 2:00	5	8:00	
		Bus Break			
		2 x Second Set			
		5 x 100 Free @ 1:30	3	1:30	
		200 Social Kick (skip second round) @ 4:30	3	2:15	
87	4600	10 x 50 Choice (roughly 10 seconds rest) @ 0:45	3	1:30	