

1/31 Work out - All

First actual Friday practice of the year. This will be a pick your poison practice between free, stroke, and IM. Free set focuses on pace swimming and building technique while still including some fast swimming. The Stroke set works on actually completing 200 strokes and longer stroke swimming. IM swimming works on speed of each individual stroke and then the actual distance.

		01/31	Total average set length for the practice: 26 mins.	Avg. intensity: 3.5	Avg. 100 interval: 1:01	
Mins	Dist	Stroke / Equipment			Int	/100
		Warm Up				
		300 Free @ 4:30			2	1:30
		200 Kick @ 4:00			2	2:00
		4 x 100 Choice @ 1:00			2	1:00
17	950	2 x 25 Starts @ 2:00			2	8:00
		First Set (Free) @ 0:00				
		4 x 100 Swim (pace) @ 1:30			4	1:30
		4 x 50 Swim (fast) @ 0:40			5	1:20
		4 x 100 Swim (pace) @ 1:25			4	1:25
		4 x 50 Swim (fast) @ 0:45			5	1:30
		50 OTB (sprint) @ 2:00			6	4:00
		4 x 100 Swim (pace) @ 1:20			3	1:20
		4 x 50 Swim (fast) @ 0:50			5	1:40
		4 x 100 Swim (pace) @ 1:10			5	1:10
		4 x 50 Swim (fast) @ 1:00			5	2:00
60	3450	50 OTB (sprint) @ 2:00			6	4:00

		4 x	First Set (Stroke)		
			4 x 50 Descend @ 1:00	4	2:00
			2 x 75 25 UW Half then swim, 25 Fast, 25 Easy @ 1:20	3	1:46
99	5650		2 x 100 Stroke (pace) @ 1:30	4	1:30
109	6050	2 x	200 Stroke @ 4:00	3	2:00
		4 x	First Set (IM)		
			4 x 75 Odds: F,B,B Evens, B,B,F @ 1:20	3	1:46
147	8050		8 x 25 Odds: easy Evens: Fast @ 0:30	3	2:00
155	8450	2 x	200 IM	3	