2/3	Workout	-	All

Second technique day focusing on back and fly today. Second set is moving more to sprinting focus.

Monday,	02/03/2020
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		02/03 Total average set length for the practice: 19 mins. Avg. intensity: 2.7 Avg. 100 interval: 1:49		
Mins	Dist	Stroke / Equipment	Int	/100
		Warm Up		
		4 x 100 Swim @ 1:30	2	1:30
		4 x 50 Choice @ 1:00	2	2:00
24	1100	10 x 50 Social Kick @ 1:20	3	2:40
	2 x	First Set		
		8 x 25 Drill @ 0:40	2	2:40
39	1700	2 x 50 Perfect @ 1:00	2	2:00
		Bus Break		
		Second Set		
		200 Swim @ 3:00	2	1:30
		8 x 75 Descend 1-4 @ 1:00	2	1:20
		4 x 50 Easy @ 1:00	3	2:00
		16 x 25 Drill @ 0:40	2	2:40
		8 x 75 Best Average @ 1:15	5	1:40
77	3750	50 OTB @ 2:00	3	4:00

Swim Share

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