

2/13 Workout - All

Thursday, 02/13/2020

Continuing with the sprint work, The first half is the classic same interval increase distance set. Working on speed for longer distances. The second half works on building up endurance for the lactate sets this weekend. The focus will be on kicking for this round.

		02/13 Total average set length for the practice: 19 mins. Avg. intensity: 4.1 Avg. 100 interval: 0:53		
Mins	Dist	Stroke / Equipment	Int	/100
		Warm Up		
		300 Swim @ 4:30	2	1:30
		2 x 100 Kick @ 2:00	2	2:00
		6 x 50 Drill/Swim @ 1:00	3	2:00
19	850	2 x 25 Starts @ 2:00	2	8:00
		4 x First Set		
		75 Swim @ 1:40	4	2:13
		100 Swim @ 1:40	4	1:40
		125 Swim @ 1:40	4	1:20
47	2650	150 Swim @ 1:40	5	1:06
		Bus Break		
		4 x		
		50 OTB sprint @ 1:00	6	2:00
		50 Easy @ 1:00	1	2:00
		4 x 25 Kick Sprint @ 0:45	6	3:00
75	3650	50 Kick Sprint @ 2:00	6	4:00

