

# 2/14 Workout - All

Friday, 02/14/2020

Continuing with the sprint theme and working toward the lactate set on Sunday. Start with a normal warm up and then go to one set for the next hour working on sprinting and holding very specific paces.

		02/14	Total average set length for the practice: 29 mins.	Avg. intensity: 3.3	Avg. 100 interval: 2:36	
Mins	Dist	Stroke / Equipment			Int	/100
		<b>Warm Up</b>				
		300 Swim @ 4:30			2	1:30
		4 x 50 Kick @ 1:00			2	2:00
		8 x 25 Odds: Drill Evens: UW @ 0:40			2	2:40
19	750	2 x 25 Starts @ 2:00			2	8:00
		<b>First Set</b>				
		2 x 50 BT + 8 @ 1:00			3	2:00
		25 Start @ 2:00			3	8:00
		4 x 50 BT + 6 @ 1:10			3	2:20
		100 Easy @ 2:00			3	2:00
		6 x 50 BT +4 @ 1:20			5	2:40
		100 Easy @ 2:00			2	2:00
		8 x 50 Back half of 100 (4 OTB) @ 1:45			6	3:30
58	2175	200 Loosen @ 4:00			1	2:00