

2/23/2020 - All

Sunday, 02/23/2020

This practice focuses on a lot of starts and off the block sprinting. The second set should go straight through with no break and the first half should be have enough time to take a break.

		02/23	Total average set length for the practice: 18 mins.	Avg. intensity: 3.7	Avg. 100 interval: 1:010	
Mins	Dist	Stroke / Equipment			Int	/100
		Warm Up				
		300 Swim @ 4:30			2	1:30
		2 x 100 Kick @ 2:00			2	2:00
		2 x 100 IM @ 1:40			2	1:40
		4 x 50 Drill @ 1:00			2	2:00
21	950	2 x 25 Starts @ 2:00			2	8:00
		2 x	First Set			
		4 x 75 BA @ 1:15			4	1:40
		6 x 25 Fast @ 0:40			5	2:40
43	1900	25 OTB @ 2:00			3	8:00
		Bus Break				
		4 x	Second Set			
		2 x 125 Free @ 1:45			4	1:24
73	3300	4 x 25 O: OTB Sprint, E: easy @ 1:00			6	4:00