

2/24 Workout - All

Monday, 02/24/2020

This practice focuses on kicking and stroke work. It is a shorter practice than normal due to a different warm up.

02/24 Total average set length for the practice: 17 mins. Avg. intensity: 3.7 Avg. 100 interval: 1:37					
Mins	Dist	Stroke / Equipment	Int	/100	
		Warm Up			
		300 Swim @ 4:30	2	1:30	
		6 x 100 Choice @ 1:30	2	1:30	
18	950	2 x 25 Starts @ 2:00	2	8:00	
		First Set			
		12 x 75 Kick BA @ 1:20	4	1:46	
		4 x 50 Descend @ 1:30	5	3:00	
44	2250	8 x 25 Kick @ 0:30	4	2:00	
		Bus Break			
		2 x Second Set			
		8 x 50 2 Fly, 2 back... O: Fast E: UWs @ 1:00	4	2:00	
68	3450	8 x 25 Sprint Kick @ 0:30	6	2:00	