## 2/28 Workout - All

Last sprint practice for any tapering for lowa. Working

			02/28 Total average set length for the practice: 30 mins. Avg. intensity: 2.8 Avg. 100 interval: 1:24		
Mins	Dist	г	Stroke / Equipment	Int	/100
			Warm up		
			300 Swim @ 4:30	2	1:30
			200 Choice @ 4:00	2	2:00
			6 x 50 Kick @ 1:00	2	2:00
			6 x 50 Pull @ 1:00	2	2:00
25	1150		2 x 25 Starts @ 2:00	2	8:00
		2 x	First Set		
			2 x 100 Pull (Low Strokes) @ 1:20	3	1:20
			6 x 50 BA (pull) @ 1:00	3	2:00
			8 x 25 Sprint (pull) @ 0:30	6	2:00
			50 1 OTB @ 1:00	3	2:00
60	2950		3 x 50 Easy @ 1:03	1	2:06

Swim Share

Friday, 02/28/2020

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