## Swim Share

## 3/1 Swimming Workout - All

First Taper practice for Iowa state non national qualifying swimmers. Anyone who is tapering will do 2 easy 1 fast instead and only do 2 rounds for the second set.

		03/01 Total average set le	ngth for the practice: 22 mins.	Avg. intensity: 3.7	Avg. 100 interval: 1:05		
Mins	Dist	Stroke / Equipment				Int	/100
		Warm Up	Warm Up				
		2 x 200 Swim @	2 x 200 Swim @ 3:00			2	1:30
		6 x 50 Kick @ 1	6 x 50 Kick @ 1:00			2	2:00
		8 x 25 Odds: Fa	8 x 25 Odds: Fast Evens: UW @ 0:30			2	2:00
20	950	2 x 25 Starts @	2:00			3	8:00
		<sup>2 x</sup> First Set					
		4 x 100 IM cres	cendo @ 1:30			3	1:30
47	2650	9 x 50 2 Fast 1	Easy @ 0:50			4	1:40
		Bus break					
		<sup>4 x</sup> Second Set					
		4 x 50 Kick Fast	@ 1:30			5	3:00
89	4050	6 x 25 Choice F	ast @ 0:45			5	3:00

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