

3/1 Swimming Workout - All

Sunday, 03/01/2020

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 length for the practice: 22 mins.	Avg. intensity: 3.7	Avg. 100 interval: 1:05		
Mins	Dist	Stroke / Equipment			Int	/100	
		Warm Up					
		2 x 200 Swim @ 3:00			2	1:30	
		6 x 50 Kick @ 1:00			2	2:00	
		8 x 25 Odds: Fast Evens: UW @ 0:30			2	2:00	
20	950	2 x 25 Starts @ 2:00			3	8:00	
		2 x	First Set				
			4 x 100 IM crescendo @ 1:30			3	1:30
47	2650		9 x 50 2 Fast 1 Easy @ 0:50			4	1:40
		Bus break					
		4 x	Second Set				
			4 x 50 Kick Fast @ 1:30			5	3:00
89	4050		6 x 25 Choice Fast @ 0:45			5	3:00