

3/1 Workout - All Sunday, 03/01/2020

Game day to start the taper of non-national qualifying swimmers for lowa State and the time trial. Taper will mainly be focused on swimming at lowa but can be carried over to the time trial if necessary.

		03/01 Total average set length for the practice: 10 mins. Avg. intensity: 2.0 Avg. 100 interval: 2:06		
Mins	Dist	Stroke / Equipment	Int	/100
		Warm Up		
	950	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		2 x 25 Starts @ 2:00	2	8:00
		Games		
		Relays		
		S&M		
		end game of polo		

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