

3/4 Workout - All

Wednesday, 03/04/2020

Taper only practice for wednesday for anyone who wants to get in extra swimming before Iowa St. Longer warm up where the main set and the warm up are roughly the same difficulty. The main set still works on fast swimming but with a lot less of it.

		03/04	Total average set length for the practice: 23 mins.	Avg. intensity: 2.5	Avg. 100 interval: 3:50		
Mins	Dist	Stroke / Equipment			Int	/100	
		Warm Up					
		2 x 200 Swim @ 3:00			2	1:30	
		2 x 100 Kick @ 2:00			2	2:00	
		8 x 50 Stroke/Free @ 1:00			2	2:00	
22	1200	8 x 25 Odds: Build Evens: Blast @ 0:30			2	2:00	
		First Set					
		12 x 25 Drill @ 0:40			3	2:40	
		8 x 75 Odds: Easy Evens: Fast (90%) @ 1:30			3	2:00	
		4 x 50 Ascend 1-4 (last one all out) @ 1:00			3	2:00	
46	2300	Turns/Starts/Stroke technique work					