

10/11 Workout (Group A) - All

Sunday, 10/11/2020

This workout focuses on just getting back into the pool with most intervals have a longer time and a very low average intensity.

The warm up is mostly easy choice and the second set is split into rounds to make it easier to get through the first round and more difficult to get through the second round. Completing just 1 round will result in a 45 minute workout which is considered a standard workout.

10/11 Total average set length for the practice: 32 mins. Avg. intensity: 2.3 Avg. 100 interval: 1:42					
Mins	Dist	Stroke / Equipment	Int	/100	
24	900	2 x 100 Choice @ 1:50	1	1:50	
		4 x 50 Choice @ 1:10	1	2:20	
		6 x 50 Kick @ 1:30	1	3:00	
		8 x 25 Odd: Fast Even: Easy @ 0:40	1	2:40	
64	2500	2 x First Set			
		2 x 100 Choice @ 1:50	3	1:50	
		6 x 50 Kick @ 1:20	3	2:40	
		12 x 25 Drill (Round 1: Free, Round 2: Stroke) @ 0:40	3	2:40	