

10/14 Workout (Group A) - All

Wednesday, 10/14/2020

This workout focuses on feeling out every stroke with the main workout being an IM set! You can choose to either do 3-4 50s for the stroke and stroke kick in the main set. Really work on feeling out each stroke and get used to being in the pool again.

		10/14	Total average set length for the practice: 31 mins.	Avg. intensity: 2.2	Avg. 100 interval: 1:14			
Mins	Dist	Stroke / Equipment			Int	/100		
23	1050	2 x 150 Choice @ 2:30			1	1:40		
		6 x 75 Kick/Drill/Swim @ 1:40			1	2:13		
		12 x 25 Drill @ 0:40			1	2:40		
62	2650	4 x	First Set					
			3 x 50 Stroke @ 1:15			3	2:30	
			3 x 50 Stroke Kick @ 1:20			3	2:40	
			100 Drill IM @ 2:00			3	2:00	