

10/14 Workout (Group B) - All

Wednesday, 10/14/2020

This workout focuses on gaining a feel for the water and getting a workout in with the different strokes. You will notice the second set is the same as the first day and that is because we are really trying to push drilling and working on your stroke!

		10/14	Total average set length for the practice: 24 mins.	Avg. intensity: 2.3	Avg. 100 interval: 1:18		
Mins	Dist	Stroke / Equipment			Int	/100	
26	1100	200 Choice @ 3:30			1	1:45	
		8 x 50 Stroke/Free @ 1:10			1	2:20	
		6 x 50 DPS @ 1:00			1	2:00	
		8 x 25 Kick @ 0:40			1	2:40	
54	2500	2 x First Set					
		2 x 100 IM @ 1:30			3	1:30	
		4 x 50 IM Order @ 1:15			3	2:30	
		12 x 25 IM Order Kick @ 0:30			3	2:00	
73	3300	4 x Second Set					
		4 x 25 Drill @ 0:40			3	2:40	
		2 x 50 Perfect Swimming @ 1:00			3	2:00	