

10/19 Workout (Group A) - All

Monday, 10/19/2020

Today's workout mainly focuses on a longer set as the main set is roughly 35 minutes! The goal is so simply swim the entire time without trying to take breaks between any of the 50s. Each of the 50s are pretty self-explanatory except for pace: Pace- the speed you would go in your signature race. Ex. 50 free- aim for +2-3secs 100free - aim for +1-2secs for 50 split

		10/19	Total average set length for the practice: 31 mins.	Avg. intensity: 2.3	Avg. 100 interval: 2:02	
Mins	Dist	Stroke / Equipment			Int	/100
28	1350	200 Choice @ 3:15			1	1:37
		6 x 75 Kick, Drill, Swim (KDS) @ 1:30			1	2:00
		4 x 100 Stroke/Free @ 1:45			1	1:45
		12 x 25 Drill @ 0:40				2:40
62	2950	Main Set+ (PLUS SIGNS MEANS READ DESCRIPTION)				
		2 x 50 1 Easy, 1 Fast @ 1:00			3	2:00
		4 x 50 Stroke @ 1:00			3	2:00
		6 x 50 Kick @ 1:00			3	2:00
		8 x 50 25 Drill/25 Swim @ 1:10			3	2:20
		6 x 50 Kick @ 1:00			3	2:00
		4 x 50 Fast @ 0:50			5	1:40
		2 x 50 Loosen @ 1:00			3	2:00