

10/19 Workout (Group B) - All

Monday, 10/19/2020

Today's workout mainly focuses on a longer set as the main set is roughly 45 minutes! The goal is so simply swim the entire time without trying to take breaks between any of the short mini sets. They are designed to give you breaks between some of the tougher ones. If you only have an hour to complete the workout, skip the second set of 6x75 Kick. Pace- the speed you would go in your signature race. Ex. 50 - aim for +2-3secs of time 100- aim for +1-2secs of FIRST 50 split 200 - aim for first 50 split

		10/19	Total average set length for the practice: 35 mins.	Avg. intensity: 2.7	Avg. 100 interval: 1:52	
Mins	Dist	Stroke / Equipment			Int	/100
26	1450	200 Choice @ 3:00			1	1:30
		6 x 75 25 Drill, 25 Swim, 25 Drill (DSD) @ 1:20			3	1:46
		4 x 100 Stroke/Free @ 1:40			1	1:40
		16 x 25 Drill @ 0:30			1	2:00
70	3650	Main Set+ (PLUS SIGNS MEANS READ DESCRIPTION)				
		2 x 100 1 Easy, 1 Fast @ 1:30			3	1:30
		4 x 50 Stroke OR Drill @ 1:00			3	2:00
		6 x 75 Kick @ 1:30			3	2:00
		8 x 50 25 Drill/25 Swim @ 1:10			3	2:20
		6 x 75 Kick @ 1:30			3	2:00
10 x 50 O: Easy E: Pace+ @ 0:50			5	1:40		