

# 10/21 Workout (Group B) - All

Wednesday, 10/21/2020

Today's workout mainly focuses on non-free swimming. The warm up is still building up to the normal workout for the season. The First set focuses on longer distance stroke swimming and then finishing off with some speed. + 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 + Perfect swimming - should be exactly how you would swim your actual race but at 50% of the speed. Ex. distance/kicks off walls, Number of breaths, Number of strokes per lap.

		10/21	Total average set length for the practice: 24 mins.	Avg. intensity: 2.3	Avg. 100 interval: 1:33			
Mins	Dist	Stroke / Equipment			Int	/100		
25	1300	300 Choice @ 4:30			1	1:30		
		200 50 Stroke @ 3:15			1	1:37		
		8 x 50 Drill/Swim @ 1:00			1	2:00		
		16 x 25 O: Drill E: Swim @ 0:30			1	2:00		
57	2950	First Set+ (CHECK DESCRIPTION)						
		2 x 200 50 Stroke/ 50 Kick @ 3:30			4	1:45		
		5 x 100 50 Stroke/ 50 Choice+ @ 1:30			4	1:30		
		2 x 50 Easy @ 1:30			1	3:00		
		2 x 200 First: Free Second: Stroke @ 3:15			4	1:37		
73	3750	10 x 25 O: Easy E: Pace + (Stroke) @ 0:40			5	2:40		
		4 x	Second Set					
		4 x 25 Drill @ 0:30			1	2:00		
		2 x 50 Perfect + (CHECK DESCRIPTION) @ 1:00			1	2:00		