

10/26 Workout (Group A) - All

Monday, 10/26/2020

This week will mark the start of working towards our official sets rather than working on getting back into swimming. The warm up should start to look familiar and you should feel ready to go by the end of it. The first set today is trying to make those 10 100s from last week seem easier! If you have time, the second set works on some speed. + Try to hold your speed between the 25s and 50s!

10/26 Total average set length for the practice: 24 mins. Avg. intensity: 2.6 Avg. 100 interval: 1:13					
Mins	Dist	Stroke / Equipment	Int	/100	
		200 Swim @ 3:15	1	1:37	
		200 Kick @ 4:00	1	2:00	
		4 x 75 Kick, Dill, Swim @ 1:20	1	1:46	
		6 x 50 Stroke/Free @ 1:00	1	2:00	
26	1200	8 x 25 O: Pace E: Easy @ 0:40	1	2:40	
		2 x First Set			
		4 x 100 Free @ 1:35	4	1:35	
		4 x 75 Kick @ 1:30	3	2:00	
59	3000	4 x 50 O: Fast E: easy @ 1:00	3	2:00	
		3 x Second Set +			
		3 x 25 2 Fast 1 Easy @ 1:00	3	4:00	
73	3675	3 x 50 1 Fast 2 Easy @ 0:30	3	1:00	