

10/28 Workout (Group A) - All

Wednesday, 10/28/2020

This is the first Pull workout of the season. If you are unable to pull you can either do stroke and change some of the intervals accordingly or you can do free and drop some of the times to make the workout a little more difficult. The main set works on some fast swimming with some distance in the middle since this set really jacks up the swimming yards

10/28 Total average set length for the practice: 37 mins. Avg. intensity: 3.0 Avg. 100 interval: 0:54					
Mins	Dist	Stroke / Equipment	Int	/100	
22	1100	200 Swim @ 3:10	3	1:35	
		200 Kick @ 4:00	3	2:00	
		4 x 75 50 Stroke, 25 Free @ 1:20	3	1:46	
		8 x 50 Pull+ @ 1:00	3	2:00	
74	3700	4 x First Set			
		150 Choice @ 2:30	3	1:40	
		6 x 50 Pull @ 1:00	3	2:00	
		2 x 50 Fast Kick @ 1:00	3	2:00	
		4 x 25 Fast (pull) @ 0:35	3	2:20	