

11/6 Workout (Group B) - All

Friday, 11/06/2020

Today is a kicking test set! Try to see what pace you can hold for the 100s kick so that your average for all 12 is as fast as possible!

11/06 Total average set length for the practice: 35 mins. Avg. intensity: 3.3 Avg. 100 interval: 2:09					
Mins	Dist	Stroke / Equipment	Int	/100	
38	1850	300 Swim @ 5:00	1	1:40	
		200 Kick @ 4:00	1	2:00	
		6 x 75 Kick, Drill, Swim @ 1:30	3	2:00	
		12 x 50 25 Stroke, 25 Swim @ 1:00	1	2:00	
		12 x 25 Sprint Cycle @ 0:40	3	2:40	
70	3250	First Set			
		12 x 100 Kick Best Average + @ 2:00	6	2:00	
		4 x 50 loosen @ 2:00	1	4:00	