

11/9 Workout (Group A) - All

Monday, 11/09/2020

Today's set focus on breath control and breathing. Begin with a standard warm up and then more onto the first set. The second set should be 1x100, 5x50, 8x25 but the 50s are split up to show how the breathing should be for each 50.

		11/09	Total average set length for the practice: 38 mins.	Avg. intensity: 2.6	Avg. 100 interval: 1:06		
Mins	Dist	Stroke / Equipment			Int	/100	
26	1200	1 x	300 Choice @ 5:30			1	1:50
			2 x 100 Kick @ 2:00			1	2:00
			8 x 50 Drill/Swim @ 1:00			1	2:00
			12 x 25 O: Halfway underwater E: Swim @ 0:40			1	2:40
75	3400	4 x	Main Set				
			100 Swim @ 1:40			1	1:40
			50 6 Breaths or less @ 1:00			2	2:00
			50 5 Breaths or less @ 1:00			3	2:00
			50 4 Breaths or less @ 1:00			3	2:00
			50 3 Breaths or less @ 1:00			4	2:00
			50 2 Breaths or less @ 1:00			5	2:00
			8 x 25 O: UW As Far As Possible E: Sprint @ 0:40			5	2:40