

11/9 Workout (Group B) - 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. Focus on placing each breath in specific locations and not just breathing when you need it. Try to make a plan of when you are going to breathe.

11/09 Total average set length for the practice: 36 mins. Avg. intensity: 2.5 Avg. 100 interval: 1:01					
Mins	Dist	Stroke / Equipment	Int	/100	
23	1200	1 x 300 Choice @ 4:30	1	1:30	
		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 @ 0:30	1	2:00	
		4 x Main Set			
72	3400	100 Swim @ 1:40	1	1:40	
		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	3	2:00	
		50 2 Breaths or less @ 1:00	3	2:00	
		50 1 Breath or less @ 1:00	3	2:00	
		8 x 25 O: UW As Far As Possible E: Sprint @ 0:40	5	2:40	