

11/11 Workout (Group A) - All

Wednesday, 11/11/2020

Today's focus is on IM and stroke swimming. To begin there is a standard warm up. + The first set has two sets and you should do a different stroke for each round. + The second set should be done straight through which is why the second 50 is on the 2minute.

		11/11	Total average set length for the practice: 24 mins.	Avg. intensity: 3.2	Avg. 100 interval: 1:13		
Mins	Dist	Stroke / Equipment			Int	/100	
22	1100	1 x	300 Swim @ 5:30		1	1:50	
			200 Kick @ 4:00		1	2:00	
			4 x 75 25 Stroke, 50 Swim @ 1:30		1	2:00	
			6 x 50 Stroke/Free @ 1:00		1	2:00	
57	2900	2 x	First Set +				
			12 x 25 O: Stroke E: Free @ 0:30		4	2:00	
			8 x 50 IM Order (Fly, Back, Breast, Free) @ 1:00		4	2:00	
			2 x 100 IM @ 1:40		4	1:40	
73	3500	4 x	Second Set +				
			4 x 25 IM order pace @ 0:30		5	2:00	
			50 IM order by Round Fast @ 2:00		5	4:00	