

11/13 Workout (Group B) - All

Friday, 11/13/2020

Today's focus is a pick your poison style work out! Being with a longer warm up that is a mix between a warm up and a main set.

Then PICK ONE OF THE SETS. You will not have time to do all of the sets. Set 1 is an IM set focusing on longer IM swimming. Set 2 is a spring set focusing on fast swimming. Set 3 is a distance set focusing on longer swimming and ending with a 400.

11/13 Total average set length for the practice: 28 mins. Avg. intensity: 3.4 Avg. 100 interval: 1:23					
Mins	Dist	Stroke / Equipment	Int	/100	
31	1700	1 x 300 Swim @ 4:30	1	1:30	
		200 Swim @ 4:00	1	2:00	
		100 Swim @ 1:30	3	1:30	
		6 x 50 Kick @ 1:00	1	2:00	
		6 x 50 Pull (or Drill/Swim) @ 0:50	1	1:40	
		6 x 50 Stroke/Free @ 0:50	1	1:40	
		8 x 25 O: Build E: Blast @ 0:30	1	2:00	
		<hr/>			
57	3150	Set 1 +			
		8 x 50 IM Order BA @ 0:50	5	1:40	
		200 IM @ 3:00	3	1:30	
		50 Loosen @ 2:00	1	4:00	
		8 x 50 IM Order BA @ 0:50	3	1:40	
2 x 200 IM @ 3:15	5	1:37			
83	4550	4 x Set 2+			
		8 x 25 Sprint @ 0:30	6	2:00	
		3 x 50 2: Fast 1: Easy @ 0:50	5	1:40	

110

6250

Set 3+

5 x 100 Swim @ 1:25

3 1:25

2 x 200 Swim @ 2:50

3 1:25

8 x 50 Swim @ 0:50

3 1:40

400 Swim @ 5:30

5 1:22