

11/16 Workout (Group A) - All

Monday, 11/16/2020

The focus of today's set is kicking! There is a normal warm up and then moving into a long kick set. If you have extra time, there is a second set working on some speed after your legs are tired.

		11/16	Total average set length for the practice: 24 mins.	Avg. intensity: 2.6	Avg. 100 interval: 2:06		
Mins	Dist	Stroke / Equipment			Int	/100	
28	1300	300 Choice @ 6:00			1	2:00	
		4 x 100 Kick @ 2:00			1	2:00	
		8 x 50 Stroke/Swim @ 1:00			1	2:00	
		8 x 25 O: Easy E: Fast @ 0:40			1	2:40	
55	2650	First Set					
		6 x 75 Kick @ 1:30			3	2:00	
		10 x 50 Kick @ 1:00			3	2:00	
		4 x 100 Kick @ 2:00			4	2:00	
72	3400	Second Set					
		9 x 50 1: Easy 2: Fast @ 1:00			4	2:00	
		12 x 25 Fast @ 0:40			4	2:40	