

11/16 Workout (Group B) - 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: 23 mins.	Avg. intensity: 2.6	Avg. 100 interval: 1:52		
Mins	Dist	Stroke / Equipment			Int	/100	
		300 Choice @ 4:30			1	1:30	
		4 x 100 Kick @ 2:00			1	2:00	
		8 x 50 Stroke/Swim @ 0:50			1	1:40	
24	1300	8 x 25 O: Easy E: Fast @ 0:30			1	2:00	
		First Set					
		6 x 75 Kick @ 1:25			3	1:53	
		12 x 50 Kick @ 0:55			3	1:50	
		4 x 100 Kick @ 1:50			4	1:50	
60	3200	9 x 50 1: Easy 2: Fast @ 0:50			4	1:40	
70	3500	12 x 25 Fast @ 0:40			4	2:40	