

# 11/20 Workout (Group A) - All

Friday, 11/20/2020

Today's focus is on consistent swimming for a long period of time. To begin, there is a short warm up and then moving into a very long set where the goal is to swim for as long as possible without stopping!

		11/20	Total average set length for the practice: 37 mins.	Avg. intensity: 2.7	Avg. 100 interval: 2:04		
Mins	Dist	Stroke / Equipment			Int	/100	
18	900	300 Swim @ 6:00			1	2:00	
		200 Kick @ 4:00			1	2:00	
		8 x 50 Choice @ 1:00			1	2:00	
74	3500	First Set					
		10 x 25 O: Fast E: easy @ 0:45			4	3:00	
		4 x 100 Choice @ 1:40			3	1:40	
		10 x 50 2: Pace 1: Fast @ 1:00			3	2:00	
		4 x 75 Choice @ 1:20			3	1:46	
		10 x 25 O: BLAST E: easy @ 0:30			3	2:00	
		200 Kick @ 4:00			3	2:00	
		10 x 50 2: stroke 1: Fast @ 1:00			3	2:00	
8 x 25 Fast @ 0:45			5	3:00			