

11/23-11/27 Workouts (ALL) - All

Monday, 11/23/2020

Today's Practice is Thanksgiving Practice. For this practice, you will be picking out your thanksgiving meal and swimming what you will eat! You can choose 1 Vegetable, 1 Main Dish, 1 Side Dish, and 1 Dessert! If you want, you can substitute a vegetable for a side dish or vice versa. Once you have your meal, count up your "Calories" (yards) to see how big a set you have! Feel free to change the intervals as needed since there is not split between groups. If you need help with determining intervals, contact Brandon Chelstrom via GroupMe. If you need further instructions, continue to read: 1. Do the warm up, this is a general warm up just to get you ready to swim 2. Pick your vegetable between the two options. You only have to swim one of the two vegetable options 3. Pick your main meat dish between the three options (there is a vegan option). You only have to swim one of the sets 4. Pick your side dish between the two options. You only have to swim one of the options 5. Pick your Desert between the two options. You only have to swim one of the options 6. Count your Calories which is equal to the total number of yards swam

11/23 Total average set length for the practice: 20 mins. Avg. intensity: 3.5 Avg. 100 interval: 0:39					
Mins	Dist	Stroke / Equipment	Int	/100	
23	1100	300 Choice @ 5:00	1	1:40	
		200 Kick @ 4:00	1	2:00	
		8 x 50 Choice @ 1:00	1	2:00	
		8 x 25 Choice @ 0:45	1	3:00	
47	2100	10 x Vegetable Dish 1: Succotash!			
		25 Non-Free @ 0:40	3	2:40	
		25 Different Non-Free @ 0:40	3	2:40	
		50 Choice @ 1:00	3	2:00	
65	3100	8 x Vegetable Dish 2: Yams!			
		75 Free @ 1:10	3	1:33	
		50 Free @ 1:00	3	2:00	
		10 x Meat Dish 1: White Meat!			

		25 Odd Rounds: Ez Even Rounds: Fast @ 0:40	4	2:40
		50 Pace @ 0:50	4	1:40
94	4600	75 Odd Rounds: Fast Even Rounds: Ez @ 1:15	4	1:40
		6 x Meat Dish 2: Dark Meat		
		100 Sprint @ 1:30	6	1:30
		100 first 100 time + 10secs @ 1:30	3	1:30
124	6100	50 Ez @ 2:00	1	4:00
		10 x Vegetarian Dish 3: Vegetable Pot Pie		
		25 sprint @ 0:30	6	2:00
		50 pace @ 1:00	5	2:00
152	7600	75 pace @ 1:15	5	1:40
		8 x Side Dish 1: Stuffing		
		25 UW AFAP @ 0:40	3	2:40
166	8200	50 Drill/Swim @ 1:00	3	2:00
		4 x Side Dish 2: Butternut squash soup		
		100 Pull Pace @ 1:30	5	1:30
176	8800	50 Pull DPS @ 1:00	3	2:00
		Dessert 1: Pumpkin Pie		
188	9400	24 x 25 2 Fast 1 Easy @ 0:30	3	2:00
		Dessert 2: Cinamon Roll		

200

10000

9 x 50 2 Easy 1 Fast @ 1:00

3 2:00

2 x 75 Fast @ 1:15

5 1:40