

11/30 Workout (Group B) - All

The focus for today's practice is moving into sprint and speed work! Start out with a little bit longer warm up due to the holidays, then move into a longer first set.+ The 125s should be on a time where you get ~15seconds rest. The second set works on speed with long rest between each of the fast 50s and 25s. Work on swimming each one like you would a race.

11/30 Total average set length for the practice: 21 mins. Avg. intensity: 3.1 Avg. 100 interval: 1:39					
Mins	Dist	Stroke / Equipment	Int	/100	
19	1200	2 x 200 Swim @ 3:00	1	1:30	
		4 x 100 50 Stroke 50 Free @ 1:30	1	1:30	
		8 x 50 Choice @ 0:50	1	1:40	
44	2950	First Set			
		6 x 125 Free+ @ 1:30	4	1:12	
		8 x 75 25 Kick, 50 Swim @ 1:15	4	1:40	
		2 x 200 1: Stroke 2: Choice @ 3:00	4	1:30	
64	3850	Second Set			
		12 x 50 1 Sprint 2 Easy (50 Best Time + 4seconds) @ 1:00	5	2:00	
		12 x 25 Sprint (50 Best Time / 2) @ 0:40	3	2:40	