

12/2 Workout (Group A) - All

Wednesday, 12/02/2020

Today's focus is kicking! Start out with a normal warm up and then move into the main set. The main set focuses on fast kicking and continuing the kicking while swimming.

| | | 12/02 | Total average set length for the practice: 41 mins. | Avg. intensity: 3.5 | Avg. 100 interval: 1:26 | | |
|------|------|--|---|---------------------|-------------------------|------|--|
| Mins | Dist | Stroke / Equipment | | | Int | /100 | |
| 26 | 1200 | 300 Choice @ 6:00 | | | 3 | 2:00 | |
| | | 2 x 100 Kick @ 2:00 | | | 3 | 2:00 | |
| | | 8 x 50 Kick/Swim @ 1:00 | | | 3 | 2:00 | |
| | | 12 x 25 Odd: Build Even: Blast @ 0:40 | | | 3 | 2:40 | |
| 81 | 3700 | 2 x First Set | | | | | |
| | | 4 x 50 Kick BA @ 1:10 | | | 5 | 2:20 | |
| | | 6 x 75 Choice (Preferably kick) 25 Easy, 25 Pace, 25 Fast @ 1:40 | | | 3 | 2:13 | |
| | | 3 x 100 Kick Fast @ 2:30 | | | 5 | 2:30 | |
| | | 300 Swim @ 5:00 | | | 3 | 1:40 | |