

12/2 Workout (Group B) - All

Wednesday, 12/02/2020

Today's focus is kicking! Start out with a normal warm up and then move into the main set. For the main set, the focus is to continue the same kicking pace during the two swim portions!

		12/02	Total average set length for the practice: 36 mins.	Avg. intensity: 3.5	Avg. 100 interval: 1:17		
Mins	Dist	Stroke / Equipment			Int	/100	
25	1200	300 Choice @ 4:30			3	1:30	
		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	
71	3700	2 x First Set					
		4 x 50 Kick BA @ 1:00			5	2:00	
		6 x 75 Choice (Preferably kick) 25 Easy, 25 Pace, 25 Fast @ 1:30			3	2:00	
		3 x 100 Kick Fast @ 2:00			5	2:00	
		300 Swim @ 4:00			3	1:20	