

# 12/7 Workout (Group A) - All

Monday, 12/07/2020

Today marks the 11th day in the 12 days of Christmas sets! Start out with a standard warm up including the 12 50s for the 12th day. The main set focuses mainly on sprinting but for a longer distance for 200 training. The second set is a breath killer for anyone who has energy left!

12/07 Total average set length for the practice: 24 mins. Avg. intensity: 2.9 Avg. 100 interval: 1:53					
Mins	Dist	Stroke / Equipment	Int	/100	
24	1200	300 Swim @ 5:30	1	1:50	
		200 Kick @ 4:00	1	2:00	
		100 Choice @ 1:40	1	1:40	
		12 x 50 Drill/Free @ 1:00	1	2:00	
61	2850	First Set			
		11 x 75 Choice BA @ 1:30	5	2:00	
		11 x 50 Kick @ 1:00	3	2:00	
		11 x 25 O: Sprint E: Easy @ 0:45	4	3:00	
73	3450	2 x Second Set			
		6 x 50 Breathing 5-4-3-2-1, Easy @ 1:00	3	2:00	