

12/7 Workout (Group B) - 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. Try to get the same times for each 75, 50 and 25. 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: 3.0 Avg. 100 interval: 1:51					
Mins	Dist	Stroke / Equipment	Int	/100	
23	1200	300 Swim @ 4:30	1	1:30	
		200 Kick @ 4:00	1	2:00	
		100 Choice @ 1:30	1	1:30	
		12 x 50 Drill/Free @ 1:00	1	2:00	
60	2850	First Set			
		11 x 75 Choice BA @ 1:30	5	2:00	
		11 x 50 Kick (1 Fast 2 Pace) @ 1:00	3	2:00	
		11 x 25 Sprint @ 0:45	6	3:00	
72	3450	2 x Second Set			
		6 x 50 Breathing 4-3-2-1-0 (if you can), Easy @ 1:00	3	2:00	