

12/9 Workout (Group A) - All

Wednesday, 12/09/2020

Today marks the 10th day in the 12 days of Christmas count down! Start out with a longer warm up which include both the 12 and 11 parts of the count down. The main set focuses on short distances but moving fast though those short distances. The second set is for anyone who wants to continue to get a lot of yards even though we are sprinting.

12/09 Total average set length for the practice: 25 mins. Avg. intensity: 3.0 Avg. 100 interval: 1:29					
Mins	Dist	Stroke / Equipment	Int	/100	
		300 Swim @ 4:30	1	1:30	
		200 Kick @ 4:00	1	2:00	
		12 x 50 Choice @ 1:00	3	2:00	
28	1375	11 x 25 Drill @ 0:35	3	2:20	
		2 x First Set			
		5 x 25 UW As Far As Possible (AFAP) @ 0:40	3	2:40	
		5 x 25 No (or 1) Breath @ 0:30	3	2:00	
57	2875	10 x 50 1 Fast, 2 Easy @ 0:50	3	1:40	
		Second Set			
74	3875	10 x 100 Choice @ 1:40	4	1:40	