## 4/11 Workout (Group B) - Group B

Third day of taper where the distance and time begin to drop. Main focus of today is starts and turn work!

		04/11 Total average set length for the practice: 23 mins. Avg. intensity: 2.8 Avg. 100 interval: 2:17		
Mins	Dist	Stroke / Equipment	Int	/100
		300 Swim @ 4:30	3	1:30
		200 Kick @ 4:00	3	2:00
		6 x 50 Pull or Choice @ 1:00	3	2:00
		12 x 25 Drill @ 0:30	3	2:00
		2 x 25 Starts @ 2:00	3	8:00
		8 x 50 Choice @ 1:00	3	2:00
45	1950	16 x 25 4 Fast 4 Drill @ 0:45		3:00
		Starts/Turn Work		

SwimShare - a ClubAssistant tool • Copyright © 2021 by ClubAssistant • All Rights Reserved • www.ClubAssistant.com • SwimShare.ClubAssistant.com