

4/11 Workout (Group B) - Group B

Sunday, 04/11/2021

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				