## 4/12 Workout (Group A) - Group A

Second day of taper dropping close to 2000 yards with very little fast swimming.

		04/12 Total average set length for the practice: 26 mins. Avg. intensity: 2.9 Avg. 100 interval: 2:16		
Mins	Dist	Stroke / Equipment	Int	/100
		300 Swim @ 4:30	3	1:30
		2 x 100 Kick @ 2:00	3	2:00
		4 x 75 25 Drill 50 Choice @ 1:30	3	2:00
		6 x 50 Kick @ 1:00	3	2:00
27	1175	3 x 25 Starts @ 2:00	3	8:00
		Main Set		
		10 x 50 Choice @ 1:00	3	2:00
		4 x 75 25 Stroke 50 Free @ 1:30		2:00
52	2275	12 x 25 O: Fast (75%) E: Easy @ 0:45	3	3:00

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