4/12 Workout (Group B) - Group B

Second to last day of taper with a very short workout after the main warm up.

		04/12 Total average set length for the practice: 19 mins. Avg. intensity: 3.0 Avg. 100 interval: 2:11		
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		
37	1675	10 x 50 Choice @ 1:00	3	2:00

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