

4/14 Workout (Groups A&B) - All

Wednesday, 04/14/2021

Last Day of taper where the workout is simply meet warm up with any extra time devoted to starts and turns.

		04/14	Total average set length for the practice: 15 mins.	Avg. intensity: 3.0	Avg. 100 interval: 2:00		
Mins	Dist	Stroke / Equipment			Int	/100	
		2 x 200 Swim @ 3:00			3	1:30	
		4 x 100 50 Kick 50 Swim @ 1:45			3	1:45	
		8 x 50 Choice @ 1:00			3	2:00	
		8 x 25 O: Fast E: Easy @ 0:30			3	2:00	
29	1450	2 x 25 Starts @ 2:00			3	8:00	
		Starts/Turns					