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

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		

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