4/19 Workout (Group A) - Group A

Pull and swim workout, still a little easier due to Nationals yesterday.

			04/19	Total average set length for the practice: 26 mins.	Avg. intensity: 3.0	Avg. 100 interval: 1:23		
Mins	Dist	F	Stroke / E	quipment			Int	/100
			300 9	Swim @ 4:30			3	1:30
			4 x 1	00 Social Kick @ 2:15			3	2:15
			8 x 5	0 Choice @ 1:00			3	2:00
26	1150		2 x 2	5 Starts @ 2:00			3	8:00
		2 x	Main	Set				
			4 x 1	25 Pull or Swim @ 1:45			3	1:24
			4 x 5	0 Kick @ 1:00			3	2:00
52	2750		4 x 2	5 Kick @ 0:25			3	1:40

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