

# 4/19 Workout (Group A) - Group A

Monday, 04/19/2021

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	Stroke / Equipment		Int	/100
26	1150	300 Swim @ 4:30		3	1:30
		4 x 100 Social Kick @ 2:15		3	2:15
		8 x 50 Choice @ 1:00		3	2:00
		2 x 25 Starts @ 2:00		3	8:00
52	2750	2 x	Main Set		
		4 x 125 Pull or Swim @ 1:45		3	1:24
		4 x 50 Kick @ 1:00		3	2:00
		4 x 25 Kick @ 0:25		3	1:40