

4/26 Workout (Group A) - Group A

Monday, 04/26/2021

Workout today mainly focuses on kicking or pulling and finishing with some fast swimming. For the 100s in the main set, the first one has the first 25 fast, the second has the second 25 fast where it rotates through the 100s.

04/26 Total average set length for the practice: 30 mins. Avg. intensity: 3.7 Avg. 100 interval: 1:21					
Mins	Dist	Stroke / Equipment		Int	/100
		300 Swim @ 4:30		3	1:30
		3 x 100 Kick @ 2:00		3	2:00
		8 x 50 Choice @ 1:00		3	2:00
23	1200	8 x 25 Odds: Drill Even: Swim @ 0:30		3	2:00
		2 x	Main Set		
			4 x 100 Kick or Pull (Rotating 25 Fast 1-3 then other 2 25s Easy) - 20 sec for the pull @ 1:50	3	1:50
			6 x 50 Pace @ 0:45	5	1:30
59	3000		8 x 25 Fast @ 0:45	5	3:00