

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

Sunday, 04/04/2021

Workout today has 2 options, a lactate set and another option set focusing on recovery. This is based on how you feel for nationals since it is only a couple of weeks away!

		04/04	Total average set length for the practice: 30 mins.	Avg. intensity: 3.5	Avg. 100 interval: 2:02	
Mins	Dist	Stroke / Equipment			Int	/100
		2 x 200 Swim @ 3:00			3	1:30
		2 x 100 50 Kick/ 50 Swim @ 1:45			3	1:45
		4 x 75 Pull @ 1:20			3	1:46
		4 x 50 Choice @ 1:00			3	2:00
24	1150	2 x 25 Starts @ 2:00			3	8:00
		Main Set				
56	1750	8 x 75 Sprint @ 4:00			6	5:20
		2 x	Other Set			
		2 x 150 Swim @ 2:00			3	1:20
		6 x 75 Pull or Stroke @ 1:30			3	2:00
91	3550	6 x 25 Drill @ 0:45			3	3:00