

4/7 Workout (Group B) - Group B

Wednesday, 04/07/2021

Second Taper workout continuing to lower workout intensity. The Goal today is to maintain sprinting stamina while continuing to rest.

		04/07	Total average set length for the practice: 27 mins.	Avg. intensity: 3.3	Avg. 100 interval: 2:02	
Mins	Dist	Stroke / Equipment			Int	/100
25	1150	300 Swim @ 4:30			3	1:30
		200 Kick @ 4:00			3	2:00
		4 x 75 KDS @ 1:30			3	2:00
		6 x 50 Choice @ 1:00			3	2:00
		2 x 25 Starts @ 2:00			3	8:00
54	2600	Main Set				
		2 x 200 O: Fast (90%) E: Easy @ 3:30			5	1:45
		8 x 25 Drill @ 0:40			3	2:40
		4 x 100 O: Pace E: Faster Pace @ 1:45			3	1:45
		9 x 50 2 Fast (90%) 1 Easy @ 1:00			3	2:00