

2/10 Workout (Group A) - Group A

Wednesday, 02/10/2021

Workout for Group A today focuses on kicking and then still swimming fast. The Main set starts with heavy kicking and then moves to focusing on 50 speed.

		02/10	Total average set length for the practice: 28 mins.	Avg. intensity: 3.0	Avg. 100 interval: 1:23	
Mins	Dist	Stroke / Equipment			Int	/100
		200 Swim @ 3:00			3	1:30
		2 x 100 Kick @ 2:00			3	2:00
		8 x 50 Drill/Swim @ 1:00			3	2:00
23	1100	12 x 25 Kick (push/warm up underwaters) @ 0:40			3	2:40
		2 x	Main Set			
		200 Kick @ 4:00			3	2:00
		8 x 25 Kick underwater As Far As Possible @ 0:40			3	2:40
		5 x 50 Fast Swimming @ 0:45			3	1:30
55	2800	200 Swim (2 min rest between rounds) @ 2:30			3	1:15