

2/10 Workout (Group B) - Group B

Wednesday, 02/10/2021

Workout for Group B today has a kick focus and ends with a longer swim to work on swimming on tired legs.

		02/10 Total average set length for the practice: 26 mins. Avg. intensity: 3.0 Avg. 100 interval: 2:02		
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
		Main Set		
		200 Kick @ 4:00	3	2:00
		10 x 50 Pace Kick @ 1:00	3	2:00
		8 x 25 Kick underwater As Far As Possible @ 0:40	3	2:40
51	2450	6 x 75 Swim @ 1:15	3	1:40

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