

2/10 Workout (Intro 2) - Intro session

Wednesday, 02/10/2021

Intro Workout 2 that focuses on drilling when rested, and then trying to match those drills when your legs are tired. Drill suggestions for today: Fly - 3 left, 3 Right, 3 Together Back - one arm Breast - Breast arms, free kick Free - one arm

		02/10	Total average set length for the practice: 22 mins.	Avg. intensity: 3.0	Avg. 100 interval: 2:47	
Mins	Dist	Stroke / Equipment			Int	/100
20	700	2 x 100 Swim @ 2:00			3	2:00
		8 x 25 Drill @ 0:50			3	3:20
		6 x 50 25 Kick/ 25 Swim @ 1:30			3	3:00
43	1500	Main Set				
		8 x 25 Kick @ 0:45			3	3:00
		4 x 50 Kick @ 1:20			3	2:40
		8 x 25 Drill @ 0:50			3	3:20
		2 x 100 Perfect Swimming @ 2:00			3	2:00