

2/14 Workout (Group A) - Group A

Sunday, 02/14/2021

Group A workout focuses on IM Swimming by sprinting in the beginning and then move toward longer IM to maintain pace.

02/14		Total average set length for the practice: 25 mins.	Avg. intensity: 3.0	Avg. 100 interval: 1:47	
Mins	Dist	Stroke / Equipment	Int	/100	
25	1300	200 Swim @ 3:00	3	1:30	
		200 Kick @ 4:00	3	2:00	
		4 x 75 25 Drill, 50 Swim @ 1:20	3	1:46	
		8 x 50 Stroke/Free @ 1:00	3	2:00	
		8 x 25 O: Drill E: Fast @ 0:30	3	2:00	
49	2700	Main Set			
		16 x 25 IM order O: Fast E: Pace @ 0:30	3	2:00	
		8 x 50 IM order (breast time +15 secs) @ 0:50	3	1:40	
		4 x 100 IM Pace @ 1:30	3	1:30	
		200 Stroke or IM @ 3:00	3	1:30	