

# 2/14 Workout (Group B) - Group B

Sunday, 02/14/2021

Group B workout for today focuses on stroke and IM swimming by starting with longer IM distances and then working on shorter distances.

02/14		Total average set length for the practice: 24 mins.	Avg. intensity: 3.0	Avg. 100 interval: 1:53	
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	
48	2500	Main Set			
		4 x 100 IM @ 1:40	3	1:40	
		8 x 50 IM order @ 1:00	3	2:00	
		16 x 25 IM order @ 0:30	3	2:00	