

# 2/14 Workout (Intro 3) - All

Sunday, 02/14/2021

Intro workout 3 focuses on stroke swimming with a longer warm up. The second round of the warm up should be treated as a short set before the main set. Drill suggestions for today: Fly - 3 left, 3 Right, 3 Together Back - one arm Breast - Breast arms, free kick Free - one arm

02/14		Total average set length for the practice: 23 mins.		Avg. intensity: 3.0		Avg. 100 interval: 1:55	
Mins	Dist	Stroke / Equipment				Int	/100
28	1000	2 x		100 Swim @ 2:00	3	2:00	
				4 x 50 Stroke/Free @ 1:30	3	3:00	
				8 x 25 Drill @ 0:45	3	3:00	
45	1700	Main Set		100 Swim @ 2:00	3	2:00	
				4 x 75 Stroke @ 1:40	3	2:13	
				6 x 50 Stroke @ 1:20	3	2:40	