

# 2/15 Workout (Group B) - Group B

Monday, 02/15/2021

Group B workout today focuses on distance. The overall workout time is shorter at the cost of extra yards. Focus on consistent swimming during each of the 100s.

02/15		Total average set length for the practice: 24 mins.	Avg. intensity: 3.0	Avg. 100 interval: 1:42		
Mins	Dist	Stroke / Equipment	Int	/100		
22	1200	200 Swim @ 3:00	3	1:30		
		2 x 200 Kick @ 4:00	3	2:00		
		6 x 50 25 Drill/25 Swim @ 1:00	3	2:00		
		6 x 50 Swim @ 0:50	3	1:40		
		Main Set				
		4 x 100 Choice @ 1:30	3	1:30		
47	2700	4 x 75 Stroke @ 1:20	3	1:46		
		4 x 100 Choice @ 1:30	3	1:30		
		8 x 50 Choice @ 0:50	3	1:40		