

2/15 Workout (Intro 4) - Intro session

Monday, 02/15/2021

Intro workout 4 focuses on drilling. Lots of drilling. The end of the workout is where the drill is applied with the longer swimming of over 500 yards. Drill suggestions for today: Fly - Dolphin Pulses Back - Log Roll Breast - 2 Kick 1 Pull Free - One Arm Extension

02/15		Total average set length for the practice: 24 mins.		Avg. intensity: 3.0		Avg. 100 interval: 2:44	
Mins	Dist	Stroke / Equipment				Int	/100
21	700	2 x 100 Swim @ 2:00				3	2:00
		4 x 50 Kick @ 1:30				3	3:00
		8 x 25 Drill (Extra time due to the slower drills) @ 1:00				3	4:00
		2 x 50 Swim @ 1:15				3	2:30
48	1700	Main Set					
		8 x 25 Kick (O: Fast E: Easy) @ 0:50				3	3:20
		4 x 50 25 Drill 25 Perfect Swimming @ 1:30				3	3:00
		2 x 100 Swim @ 2:00				3	2:00
		8 x 50 Swim @ 1:10				3	2:20