

# 2/17 Workout (Group A) - Group A

Wednesday, 02/17/2021

Group A Workout today is very structured and descends throughout the entire workout.

The main set is rather short but introduces some faster intervals.

02/17		Total average set length for the practice: 27 mins.	Avg. intensity: 3.0	Avg. 100 interval: 1:46	
Mins	Dist	Stroke / Equipment	Int	/100	
31	1800	2 x 300 Swim @ 4:30	3	1:30	
		2 x 200 Kick @ 4:00	3	2:00	
		4 x 100 Swim @ 1:30	3	1:30	
		4 x 100 Kick @ 2:00	3	2:00	
53	3000	Main Set			
		8 x 50 Swim @ 0:45	3	1:30	
		8 x 50 Kick @ 1:00	3	2:00	
		16 x 25 Swim (O: Fast E: Easy) @ 0:30	3	2:00	