

2/21 Workout (Group A) - Group A

Sunday, 02/21/2021

Group B Workout today introduces sprinting with some faster swimming on longer intervals.

The main set is built for fast swimming. For clarity, Fast is simply swimming for time while sprint is swimming it like its a race.

02/21		Total average set length for the practice: 27 mins.		Avg. intensity: 3.5		Avg. 100 interval: 1:33	
Mins	Dist	Stroke / Equipment				Int	/100
22	1200	300 Swim @ 4:30				3	1:30
		2 x 100 Kick @ 2:00				3	2:00
		4 x 75 Kick/Drill/Swim @ 1:15				3	1:40
		8 x 50 Stroke/Free @ 1:00				3	2:00
54	2400	2 x Main Set					
		200 Swim @ 2:45				3	1:22
		6 x 50 Fast (Best 50 time + 2-4) @ 1:30				5	3:00
		4 x 25 Sprint Choice (Best 50 time/2) @ 1:00				3	4:00