

# 2/24 Workout (Group A) - Group A

Wednesday, 02/24/2021

Group A workout today focuses on fast swimming with a 50 OTB for time at the end of the workouts. Reminder that Fast swimming is simply trying to move as fast as possible without working with technique and sprint is trying to swim fast while working on technique like with breathing timing, and stroke rates.

02/24		Total average set length for the practice: 28 mins.		Avg. intensity: 4.1		Avg. 100 interval: 1:20	
Mins	Dist	Stroke / Equipment				Int	/100
20	1100	2 x 200 Swim @ 3:00				3	1:30
		4 x 50 Kick @ 1:00				3	2:00
		4 x 75 25 Drill 50 Swim @ 1:30				3	2:00
		8 x 25 O: Fast E: Easy @ 0:30				3	2:00
55	2800	2 x Main Set					
		200 Swim @ 3:00				3	1:30
		6 x 50 Fast @ 0:45				5	1:30
		12 x 25 Sprint @ 0:40				6	2:40
		50 OTB for time @ 2:00				3	4:00