

2/28 Workout (Group A) - Group A

Sunday, 02/28/2021

Group A today focuses on fast swimming in between long distance sets to work on maintaining speed when tired.

02/28		Total average set length for the practice: 29 mins.	Avg. intensity: 3.0	Avg. 100 interval: 1:59	
Mins	Dist	Stroke / Equipment	Int	/100	
19	750	300 Swim @ 4:30	3	1:30	
		8 x 50 O: Stroke E: swim @ 1:00	3	2:00	
		2 x 25 Starts @ 3:00	3	12:00	
58	2900	Main Set			
		6 x 125 Stroke @ 2:00	3	1:36	
		50 OTB Stroke @ 2:00	3	4:00	
		8 x 100 Swim @ 1:30	3	1:30	
		50 OTB @ 2:00	3	4:00	
		9 x 50 2 Fast, 1 Easy @ 1:00	3	2:00	
		50 OTB @ 2:00		4:00	