

# 2/28 Workout (Group B) - Group B

Sunday, 02/28/2021

Group B today focuses on a very long main set that has multiple opportunities for sprinting and fast swimming OTB

02/28		Total average set length for the practice: 30 mins.	Avg. intensity: 3.0	Avg. 100 interval: 2:12	
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	
		<b>Main Set</b>			
59	2650	6 x 100 Stroke @ 1:40	3	1:40	
		50 OTB Stroke @ 2:00	3	4:00	
		4 x 25 Loosen @ 0:45	3	3:00	
		8 x 75 Swim @ 1:30	3	2:00	
		50 OTB @ 2:00	3	4:00	
		9 x 50 2 Easy 1 Fast @ 1:00	3	2:00	
		50 OTB @ 2:00		4:00	