

## 2/28 Workout (Intro 9) - Intro session

Sunday, 02/28/2021

Intro Workout 9, LAST ONE!!, focuses on increasing swimming speed with a warm-up that works on longer swimming on increasingly faster times. The main set today works on faster swimming with a lactate type of workout! Fly - One Arm Back- L Drill Breast - 2 Kick 1 Pull (again because it is so important) Free - 6/3/6

02/28		Total average set length for the practice: 28 mins.	Avg. intensity: 3.9	Avg. 100 interval: 2:08	
Mins	Dist	Stroke / Equipment	Int	/100	
28	900	200 Swim (notice interval Drop) @ 3:40	3	1:50	
		200 Swim (notice interval Drop) @ 3:30	3	1:45	
		200 Swim (notice interval Drop) @ 3:20	3	1:40	
		12 x 25 O: Drill E: Swim @ 1:20	3	5:20	
56	1900	2 x Main Set			
		4 x 75 O: Easy E: Fast @ 2:00	6	2:40	
		8 x 25 Drill @ 0:45	3	3:00	