

2/8 Workout (Group A) - Group A

Monday, 02/08/2021

Group A is the advanced group for people who have been swimming consistently over the break. The first practice skips the introduction and moves straight into working on retraining.

		02/08	Total average set length for the practice: 29 mins.	Avg. intensity: 3.0	Avg. 100 interval: 1:09		
Mins	Dist	Stroke / Equipment			Int	/100	
		2 x 200 Choice @ 3:00			3	1:30	
		2 x 100 Kick @ 2:00			3	2:00	
		2 x 100 Pull/swim @ 1:30			3	1:30	
21	1200	8 x 50 25 Stroke/25 Free @ 1:00			3	2:00	
		2 x	Main Set				
			6 x 75 Pace/Smooth Swimming @ 1:05			3	1:26
			9 x 50 2 Fast, 1 Easy @ 0:50			3	1:40
57	3400		8 x 25 E: Drill O: Perfect Swimming @ 0:30			3	2:00