

2/8 Workout (Intro 1) - Intro session

Sunday, 02/07/2021

First of 8 intro practices which focuses on drill swimming after working. Drill suggestions for today work on isolating work on each side: Fly - 3 Right, 3 Left, 3 Double Back - one arm Breast - breast arms, free kick Free - one arm

		02/07	Total average set length for the practice: 24 mins.	Avg. intensity: 3.0	Avg. 100 interval: 5:08		
Mins	Dist	Stroke / Equipment			Int	/100	
		2 x 100 Choice @ 2:15			3	2:15	
		4 x 50 Kick @ 1:45			3	3:30	
19	600	8 x 25 O: Drill E: Smooth Swimming @ 0:50			3	3:20	
		2 x	Main Set				
			4 x 50 O: Stroke E: Swim @ 1:30			3	3:00
			8 x 25 O: Drill E: Smooth Swimming @ 0:50			3	3:20
47	1500	50 perfect swimming			3		