

3/15 Workout (Group A) - Group A

Monday, 03/15/2021

Group A is workout today focuses on kicking and then swimming with dead legs. The main set starts with a long kick set and then moves into stroke sprinting. The goal for the 12 50s is to hammer the legs.

		03/15	Total average set length for the practice: 26 mins.	Avg. intensity: 3.0	Avg. 100 interval: 2:03	
Mins	Dist	Stroke / Equipment			Int	/100
		300 Swim @ 4:30			3	1:30
		200 Kick @ 4:00			3	2:00
		200 Swim @ 3:00			3	1:30
		6 x 50 Kick @ 1:00			3	2:00
22	1050	2 x 25 Starts UW AFAP @ 2:00			3	8:00
		Main Set				
		6 x 100 Kick O: Sprint Kick E: pace Kick @ 2:00			3	2:00
		4 x 25 O: Sprint E: Swim @ 0:40			3	2:40
		12 x 50 Stroke 2 Fast 1 Easy @ 1:00			3	2:00
51	2450	100 OTB @ 2:00			3	2:00