

# 3/1 Workout (Group A) - Group A

Monday, 03/01/2021

Group A workout for today starts with a classic distance set and then moves to a sprint set.

The first set should be treated as a threshold set and should be pushed for pace. The second set is to work on sprinting while tired from the main set.

03/01		Total average set length for the practice: 19 mins.		Avg. intensity: 3.1		Avg. 100 interval: 1:28		
Mins	Dist	Stroke / Equipment				Int	/100	
		300 Swim @ 4:30				3	1:30	
		4 x 100 Kick @ 2:00				3	2:00	
		6 x 50 Pull or Swim @ 0:50				3	1:40	
22	1050	2 x 25 Starts @ 2:00				3	8:00	
		First Set (Distance Part)						
		12 x 100 Swim (Stroke 30-40) @ 1:20				3	1:20	
41	2350	2 x 50 Loosen @ 1:30				3	3:00	
		3 x	Second Set (Spring Part)					
			3 x 50 Descend @ 1:00				4	2:00
56	3100	4 x 25 2 Fast 2 Easy @ 0:30				3	2:00	