

3/21 Workout (A + B) - All

Sunday, 03/21/2021

Work out today has two options and applies for both groups. The first option is a sprint lactate set of 6 100s choice. The goal is to measure sprint stamina and speed. The second option for anyone who doesn't want to the lactate set works on freestyle technique swimming.

03/21 Total average set length for the practice: 24 mins. Avg. intensity: 3.5 Avg. 100 interval: 2:07					
Mins	Dist	Stroke / Equipment	Int	/100	
9	500	300 Swim @ 4:30	3	1:30	
		2 x 100 Kick @ 2:00	3	2:00	
55	1600	Option 1			
		10 x 50 Choice (Part of Warm Up) @ 1:00	3	2:00	
		6 x 100 Sprint @ 6:00	6	6:00	
65	2100	Option 2			
		6 x 50 Choice (Part of Warm Up) @ 1:00	3	2:00	
		8 x 25 O: Build E: Blast (Part of Warm Up) @ 0:25	3	1:40	
		2 x Option 2 (Main Set)	3		
94	3700	4 x 50 Free @ 0:50	3	1:40	
		4 x 100 50 Kick, 50 Swim @ 1:45	3	1:45	
		8 x 25 O: Drill E: Swim @ 0:30	3	2:00	