

# 3/22 Workout (Group A) - Group A

Monday, 03/22/2021

Workout for Group A today works on holding fast speed for 50s. The goal for the descend 50s is to hit the average pace in the 75s on the 3rd one and then drop faster than it for the last one.

		03/22	Total average set length for the practice: 25 mins.	Avg. intensity: 3.0	Avg. 100 interval: 1:18	
Mins	Dist	Stroke / Equipment			Int	/100
25	1150	300 Swim @ 4:30			3	1:30
		2 x 100 Kick @ 2:00			3	2:00
		6 x 50 25 Kick/ 25 Drill @ 1:00			3	2:00
		6 x 50 Swim @ 1:00			3	2:00
		2 x 25 Start @ 2:00			3	8:00
50	2850	2 x Main Set				
		200 Swim @ 1:30			3	0:45
		6 x 75 Best Average (R1 - Stroke, R2 - Free -10sec) @ 1:10			3	1:33
		4 x 50 Descend 1-5 @ 1:00			3	2:00