

3/24 Workout (Group A) - Group A

Wednesday, 03/24/2021

Workout A today will be one of the last **long** swim days of the season where the main focus is speed control for 150s and 125s.

		03/24	Total average set length for the practice: 28 mins.	Avg. intensity: 3.3	Avg. 100 interval: 1:51	
Mins	Dist	Stroke / Equipment			Int	/100
18	700	200 Swim (Straight into next one) @ 2:30			3	1:15
		100 Kick (Straight into next one) @ 1:45			3	1:45
		200 Swim (Straight into next one) @ 2:30			3	1:15
		100 Choice (Straight into next one) @ 1:30			3	1:30
		4 x 25 Starts @ 2:00			3	8:00
55	2850	Main Set				
		6 x 150 Choice -5 sec per 50 @ 2:15			3	1:30
		6 x 125 50 Stroke (fast!) 75 Free (Pace/loosen) @ 2:00			4	1:36
		2 x 50 Loosen @ 1:30			3	3:00
		8 x 50 O: Sprint E: Easy @ 1:00			3	2:00