3/28 Workout (Meet Prep 2) - All

Second part of meet prep of obtaining seed times for 100s

| | | 03/28 Total average set length for the practice: 15 mins. Avg. intensity: 3.0 Avg. 100 interval: 0:00 | | |
|------|------|---|-----|------|
| Mins | Dist | Stroke / Equipment | Int | /100 |
| | | 2 x 200 Swim @ 3:00 | 3 | 1:30 |
| | | 4 x 100 50 Kick, 50 Swim @ 2:00 | 3 | 2:00 |
| | | 8 x 50 Choice @ 1:00 | 3 | 2:00 |
| | | 8 x 25 O: Fast E: Easy @ 0:40 | 3 | 2:40 |
| 29 | 1450 | 2 x 25 Starts | 3 | |
| | | 100s For time | | |

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