

3/28 Workout (Meet Prep 2) - All

Sunday, 03/28/2021

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				