

3/29 Workout (Group A) - Group A

Monday, 03/29/2021

Workout for Group A focuses on sprinting after working on breath control. The shorter distances before the 100s sprint are designed to make the 100s harder. The goal for the 100s is to still work on breath control even after the short distances before.

03/29 Total average set length for the practice: 26 mins. Avg. intensity: 3.4 Avg. 100 interval: 1:13				
Mins	Dist	Stroke / Equipment	Int	/100
		300 Swim @ 4:30	3	1:30
		200 Kick @ 4:00	3	2:00
		4 x 100 50 Stroke 50 Swim @ 1:40	3	1:40
20	950	2 x 25 Starts @ 2:00	3	8:00
		2 x Main Set		
		6 x 50 5/4/3/2/1/1 Breaths @ 1:00	3	2:00
		100 Sprint @ 1:30	6	1:30
		4 x 100 Pull Breathing 5/7/5/7 per 25 @ 1:20	3	1:20
		100 Sprint @ 1:30	6	1:30
51	2850	50 Loosen then right into next round @ 1:00	3	2:00