

3/29 Workout (Group B) - Group B

Monday, 03/29/2021

Workout for Group B focuses on sprinting after working on breath control. The shorter distances before the 100s sprint are designed to make the 100s harder.

		03/29	Total average set length for the practice: 28 mins.	Avg. intensity: 3.4	Avg. 100 interval: 1:20		
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				
			5 x 50 6/5/4/3/2 Breaths @ 1:00			3	2:00
			100 Sprint @ 1:45			6	1:45
			6 x 75 Pull Breathing 3/5/7 per 25 @ 1:20			3	1:46
			100 Sprint @ 1:45			6	1:45
56	2750		1:00 Rest @ 1:00				