

3/31 Workout (Group B) - Group B

Wednesday, 03/31/2021

Workout B has two options 2, pull and kick or stroke and free. Both options start with longer distances and then have a sprint component.

		03/31	Total average set length for the practice: 20 mins.	Avg. intensity: 3.0	Avg. 100 interval: 1:44		
Mins	Dist	Stroke / Equipment			Int	/100	
		300 Swim @ 4:30			3	1:30	
		2 x 100 Kick @ 1:30			3	1:30	
		6 x 50 25 Drill/25 Swim @ 1:00			3	2:00	
15	850	2 x 25 Starts			3		
		Option 1					
		3 x 100 Kick (Pace) @ 2:00			3	2:00	
27	1450	3 x 100 Pull (Pace) @ 1:45			3	1:45	
		2 x					
		6 x 50 O: Kick E: Pull FAST @ 1:00			3	2:00	
55	2650	12 x 25 O: Uw E: sprint choice @ 0:40			3	2:40	
		Option 2					
		4 x 100 Stroke (Pace) @ 1:40			3	1:40	
70	3500	6 x 75 Free (Pace) @ 1:15			3	1:40	
		2 x					
		8 x 50 4 Stroke 4 Free FAST @ 1:15			3	2:30	
98	4700	8 x 25 O: Fast E: Pace @ 0:30			3	2:00	