

# 3/3 Workout (Group A & B) - All

Wednesday, 03/03/2021

This workout today is for BOTH groups. The main set today is where you will end up getting 2 partners, one for the first three rounds and another for rounds four to six. Each round will have two races, a 25 and a 50. the 25 is worth half a point and the 50 is worth a full point. The person with the most amount of points at the end of three rounds "wins". To make it more interesting, winning groups could compete afterwards.

| 03/03 |      | Total average set length for the practice: 28 mins.       |  | Avg. intensity: 3.0 |  | Avg. 100 interval: 1:13 |      |
|-------|------|---|--|---------------------|--|-------------------------|------|
| Mins  | Dist | Stroke / Equipment  |  |                     |  | Int                     | /100 |
| 24    | 1300 | 300 swim @ 4:30   |  |                     |  | 3                       | 1:30 |
|       |      | 8 x 50 Kick @ 1:00  |  |                     |  | 3                       | 2:00 |
|       |      | 200 Swim @ 3:00   |  |                     |  | 3                       | 1:30 |
|       |      | 8 x 50 Pull/Choice @ 1:00                                 |  |                     |  | 3                       | 2:00 |
| 56    | 2350 | 6 x Main Set (Partner 1 rounds 1-3, Partner 2 rounds 2-6) |  |                     |  |                         |      |
|       |      | 25 Race partner (0.5 point) @ 0:45                        |  |                     |  | 3                       | 3:00 |
|       |      | 50 Choice @ 1:30  |  |                     |  | 3                       | 3:00 |
|       |      | 50 Race partner (1 point) @ 1:30                          |  |                     |  | 3                       | 3:00 |
|       |      | 50 Choice @ 1:30  |  |                     |  | 3                       | 3:00 |