

3/7 Workout (Group A & B) - All

Sunday, 03/07/2021

Again, this work out will be for BOTH Group B and Group A. The main set will also involve getting partners, however this time it will be with in groups of 4. At the end of the round, two groups will combine with another group, 2 highest scoring with the 2 highest scoring and then 2 lowest scoring with the 2 lowest scoring. Once the 3rd round is reached, you should be with your "ideal group" so that should make for some very close races.

03/07		Total average set length for the practice: 27 mins.		Avg. intensity: 3.0		Avg. 100 interval: 1:28	
Mins	Dist	Stroke / Equipment				Int	/100
27	1150	300 Swim @ 4:30				3	1:30
		2 x 100 Kick @ 2:00				3	2:00
		8 x 50 Choice @ 1:00				3	2:00
		8 x 25 O: Kick UW AFAP E: Swim @ 0:40				3	2:40
		2 x 25 Starts @ 2:00				3	8:00
		3 x Main Set (Buffalo Races)					
53	2350	100 Kick (1 point) @ 2:00				3	2:00
		100 Swim (1 point) @ 1:30				3	1:30
		2 x 50 Loosen @ 1:30				3	3:00
		50 Kick (1 Point) @ 1:00				3	2:00
		50 Swim (1 Point) @ 1:00				3	2:00