

# 3/8 Workout (Group B) - Group B

Monday, 03/08/2021

Group B workout today focuses on pulling with the main set being mostly pull. The final 8 25s of the main set are normal swimming which might feel weird!

		03/08	Total average set length for the practice: 25 mins.	Avg. intensity: 3.0	Avg. 100 interval: 1:22		
Mins	Dist	Stroke / Equipment			Int	/100	
		300 Swim @ 4:30			3	1:30	
		200 Kick @ 4:00			3	2:00	
		8 x 50 Pull or Swim @ 1:00			3	2:00	
21	950	2 x 25 Starts @ 2:00			3	8:00	
		2 x	Main Set				
			200 Swim or Pull @ 3:00			3	1:30
			4 x 50 Pull @ 1:00			3	2:00
			2 x 100 Swim or Pull @ 1:40			3	1:40
50	2550		8 x 25 O: Fast E: Easy @ 0:30			3	2:00