

Monday, February 19, 2024 - Sprint Workout

Yards	Time	Set	Interval
	30	Goal Setting	
700	15	Warm up: 300 swim 200 IM drill/swim 100 kick 4 x 25 v-sprint	R:20 :30
1050	14	Main set (3 rounds): 3 x 100 D1-3 (from 80% to 100% effort) 1 x 50 easy choice <i>round 1: kick</i> <i>round 2: IM</i> <i>round 3: Free</i>	1:45/2:00/2:15 1:30/1:40/1:50 1:20/1:30/1:40
400	9	Speed set (2 rounds): 1 x 25 from dive, first 3 cycles fast, then easy 1 x 50 moderate arms w/sprint kick 1 x 50 fast (100 pace) 1 x 25 sprint no breath 1 x 50 easy	:50 :45 :40 :30
200	4	Warm down: 2 x 50 kick/swim 4 x 25 4/3/2/1 BPL	R:10
2350	72		