

Friday, February 2, 2024 - Sprint Workout

Yards	Time	Set	Interval
800	14	Warm up: 200 swim 200 kick 200 IM d/s 4 x 50 kick D1-4	R:20
600	13	Pre set (2 rounds): 2 x 50 drill 1 x 50 drill/swim 4 x 25 v-sprint 50 easy	1:00/1:10 1:00 :30/:35 1:30
1000	20	Main set (2 rounds): 3 x 100 best average <i>Sprint, but hold it together!</i> 200 easy <i>2:00 rest between rounds</i>	R:15-20
600	14	Kick set: 2 x 150 kick (25 fast/25 easy/25 fast, twice) 2 x 100 kick (25 fast, 25 easy, 50 fast) 2 x 50 kick (all out)	3:00/3:15/3:30 2:00/2:10/2:20 1:00/1:05/1:10
100	2	Warm down: 100 easy swim	
3100	63		