

SRE Workouts Week of 11/16/2020

Wed, Nov 18

300 swim
4 x 100 @ 1:40
50 kick-50 drill-50 swim
1-2=free
3-4=primary

2 rounds (free, primary):
3 x 50 @ :50
25 drill-25 build

2 x 75 @ 1:15

25 kick-50 red

4 x 25 @ :30 breakouts, hold speed to 15 M

3 rounds:
3 x 50 @ 1:00 primary, red
Rd 2=2 x 75 @ 1:15
Rd 3=2 x 100 @ 1:45
1 x 200 @ 3:00
50 free, red-50 primary, threshold
3x 50 @ 1:00
1-2=blue, primary - middle 50's of 200
3=recovery

Cool down