

D & P 9 Oct 20

Long Course Stromlo

Swim Plan: Swim 4.5 kms Moderate Pace

Details:

Jump in - swim - get out - have coffee - smile

Focus is to swim leg 1 non - stop :)

Determine your own leg 1 beeper time

<b>Warmup</b> <b>200 easy choice</b>	<b>Duration</b>	<b>Dist.</b>	<b>Cumu.</b>
	03:44	200	200

<b>Leg 1</b> (long term goal is 1900) <b>1900 continuous swim</b> <b>OTB tba</b>	<b>Duration</b>	<b>Dist.</b>	<b>Cumu.</b>
	32:56	1900	2100

<b>Leg 2</b> (long term goal is 2800) <b>4 x 400</b> <b>BTB @ CSS + 1.50 / 25 m</b> Plus one additional beep between each	<b>Duration</b>	<b>Dist.</b>	<b>Cumu.</b>
	27:44	1600	3700

<b>Leg 3</b> (long term goal is 3300) <b>3 x 200</b> <b>BTB @ CSS + 1.75 / 25 m</b>	<b>Duration</b>	<b>Dist.</b>	<b>Cumu.</b>
	10:24	600	4300

<b>Leg 4</b> (long term goal is 2000) <b>0</b>	<b>Duration</b>	<b>Dist.</b>	<b>Cumu.</b>
	00:00	0	4300

<b>Cooldown</b> <b>200 easy</b>	<b>Duration</b>	<b>Dist.</b>	<b>Cumu.</b>
	03:44	200	4500
	<b>Estimated duration</b>	1:20:52	4500