

# Hokie Workout Log \*\* 2019-20 Season

Day: Saturday  
 Date: 1/25/2020  
 Swim workout (a.m.)

Notes:

	10' Stretch	25y
College Post grads	1) 800 Choice	800
	2) 8 x 75 on 1'30 [1 Free / 1 Main Stroke] [50 Drill-10m FAST-15m easy] 50 easy	650
	3) 3 x 75 FAST from push } 325 easy } x 5 1st & 5th group on 2' 2nd on 1'50 3rd 1'40 4th 1'30" <b>Swim FAST with low stroke count but understand that it does NOT mean slow times</b>	2750
some 500	3 x 125 FAST from push } 325 easy } x 5 same intervals as the Mid distance maybe +10" for the women	3500
Sprinters	3 x 50 FAST from a push } 350 easy } x 5 same intervals 1st 50 [3 breath-2 breath] / 2nd 50 [2 breath-1 breath] / 3rd 50 [1 breath-0 Breath] Really work on controlling the stroke and BREATHING FOCUS!!!!!!!!!!	2500
	4) 400 [50 Kick -50 Swim]	400
	5) 1 x 50 or 100 or 150 Dive FAST	100 800
	6) 8 x 100 Warm Down withh Fins [50 kick-50 choice] on 1'30	

Goals for this practice:

Dry Land workout ( a.m.) Total: 5500

**VIRGINIA TECH**  
SWIMMING & DIVING



Yardage:			
Sprint	Distance	Rest	
		5500	a.m.
		5500	p.m.
		<b>5500</b>	Day
		<b>41500</b>	Week