

376 4-Mar-23

**2300**

TSS' 58 IF 0.74

Easy-Mod

w/up

100 FR easy 100

100 FR build within ea 50 100

**Main set**

CSS Set	100	FR CSS	1 beep rest	100
	200	FR CSS	adjust	200
	300	FR CSS	RI 2 beep	300

Timed 800 choice stroke timed 800

drill set	100	YMCA drill	fins	100
	200	*1-arm YMCA + 1 stroke, ch arm 50		200

fins off 300 FR mod, BEST techn AA 300

c/down

100 K fins or choice stroke 100

**2300**

\* 1-arm extended, other arm YMCA positions, alternating with 1 swim stroke