

376

4-Mar-23

2000

TSS" 69 IF 0.79 Mod

w/up

100

FR easy

100

100

FR build within ea 50

100

Main set

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
	200	FR CSS		200
Timed	800	choice stroke timed		800

c/down

200

K fins or choice stroke

200

2000

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