

4-Mar-23

**1700**

TSS''' 61 IF 0.69

w/up

**100 FR easy 100**

**100 FR build within ea 50 100**

**Main set**

<b>100</b>	<b>YMCA drill</b>	<b>fins</b>	<b>100</b>
<b>200</b>	<b>*1-arm YMCA + 1 stroke, ch arm 50</b>		<b>200</b>
<b>300</b>	<b>FR pull</b>	<b>Z3 moderate</b>	
<b>300</b>	<b>FR mod, BEST techn</b>	<b>AA</b>	<b>300</b>
<b>400</b>	<b>choice stroke timed</b>		<b>400</b>
<b>100</b>	<b>choice recovery</b>		<b>100</b>
<b>200</b>	<b>FR build within ea 50</b>		<b>200</b>

c/down

**200 K fins or choice stroke 200**

**1700**

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