

12-Mar-23

**1700**

TSS''' 70 IF 0.82

Moderate

w/up

100	FR E		100
100	FR build		100
200	FR race pace		200
100	choice recovery pace		100

Main set BR set

100	BR K up, 2K1P back		100
100	sep drill		100
4x50	BR - Desc times	Ri 20 s	200

FR pyramid

2x50	FR on 1:30		100
100	FR on 3:00		100
200	FR on 6:00		200
100	FR on 3:00		100
2x50	FR on 1:30		100

c/down

200	K fins on BA 1-arm point ↑ BA ↓		200
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