

LANE 1 (CSS 25s)

MS03-18

18-Mar-23

2400

TSS' 76 IF 0.87

Hard

w/up

300

as 25ea K/L-arm/R-arm/swim fins

Z3

300

1. Bu 2. BA 3. FR

300

FR pull drill, PB high up, PB ankles back

300

2x100

BR as 25ea K/drill1/drill2/swim

200

drill1 heels to fists /drill 2 2K1Pull

Main set

4x200

as 50 Z3/50 Z4 on 2:00, 75 Z5, RI 5s, 25 Z6

800

1.&2. FR 3. K fins 4. form

RIB 30

200

easy K fins

200

8x50

as 25 IM order sprint/25 FR Z3 on 1:00

400

c/down

200

choice

200

2400