

LANE 2 (CSS 32s)

18-Mar-23	2200	TSS" 80 IF 0.88	Hard	
<u>w/up</u>				
300	as 25ea K/L-arm/R-arm/swim fins		Z3	300
	1. Bu 2. BA 3. FR			
200	FR pull drill, PB high up, PB ankles back			200
100	BR as 25ea K/drill1/drill2/swim			100
	drill1 heels to fists /drill 2 2K1Pull			
Main set				
4x200	as 50 Z3/50 Z4 on 2:20, 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 1:15			400
<u>c/down</u>				
200	choice			200
				2200