

LANE 3 (CSS 38s)

18-Mar-23

1600

TSS''' 64 IF 0.80

Moderate

w/up

2x100

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

Z3

200

1. BA 2. FR

300

FR pull drill, PB high up, PB ankles back

300

100

BR as 25ea K/drill1/drill2/swim

100

drill1 heels to fists /drill 2 2K1Pull

Main set

4x100

build pace over each 100, last 25 sprint

400

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

200

easy K fins

200

4x50

as 25 choice sprint/25 FR Z3 on RI 20

200

c/down

200

choice

200

1600