

LANE 1 (CSS 25s)

25-Feb-23

2500

TSS' 78 IF 0.86

Mod-  
Hard

5x200

1. Swim

200

2. pull FR

200

50/55/60

3. Intervals (4x50 FR)

200

4. Fr Kick fins

200

5. swim choice

200

MAIN SET

Timed 800 choice stroke

800

100

easy

100

4x100

IM on 2:00

400

COOL DOWN

200

Choice

200

2500

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