

LANE 2 (CSS 32s)

25-Feb-23

2300

TSS' 78 IF 0.80

Mod-Hard

WARM UP

5x200

1. Swim

200

2. pull FR

200

60/65/70

3. Intervals (4x50 FR)

200

4. Fr Kick fins

200

5. swim choice

200

MAIN SET

Timed 400 choice stroke

400

100

easy

100

4x100

IM on 2:30

400

200

BA drills fins

200

COOL DOWN

200

Choice

200

2300
