

LANE 3 (CSS 38s)

25-Feb-23

1700

TSS' 62 IF 0.71

Mod

WARM UP

5x200

1. Swim

200

2. pull FR

200

3. Fr Kick fins

200

4. swim choice

200

MAIN SET

Timed 400 choice stroke

400

100

easy

100

100

BR drills

100

100

BA drills fins

100

COOL DOWN

200

Choice

200

1700

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