

375

26-Feb-23

2100

TSS'' 74 IF 0.87

Mod

w/up

100

choice easy

100

Main set

400

FR target time

400

	<u>200 SKIPS</u>	swim-kick-im-pull-swim	
200	FR mod	Zone 3	200
200	K fins 25H/25E		200
2x100	IM		200
200	FR pull	build	200
200	FR fins	Zone 3	200

400

Form target time

400

c/down

200

K fins or choice stroke

200

2100