

26-Feb-23

1700

TSS''' 70 IF 0.83

Mod

w/up

100

choice easy

100

Main set

| | | | |
|---------------|-----------------------------|------------------------|------|
| | <u>200 SKIPS</u> | swim-kick-im-pull-swim | |
| 200 | FR mod | Zone 3 | 200 |
| 200 | K fins 25H/25E | | 200 |
| 200 | form ch ea 50 | | 200 |
| 200 | FR pull | build | 200 |
| 200 | FR fins | Zone 3 | 200 |
| 400 | Choice stroke - target time | | 400 |
| <u>c/down</u> | | | |
| 200 | K fins or choice stroke | | 200 |
| | | | 1700 |