

LANE 1 (CSS 25s)

8-Apr-23

2400

TSS' 69 IF 0.80

Mod

w/up

2x100

as 25 drill 25 swim

fins

200

1. form 2. FR

Main set

fins off

4x50

FR

Z3

RI 5

200

3x100

IM

Z3

RI 15

300

2x150

FR

Z3

RI 20

300

1x200

IM twitch*

Z3

RI 60

200

1x200

pull hard

Z5

RI 30

200

2x150

IM twitch*

Z3

RI 20

300

3x100

FR hard

Z5

RI 10

300

4x50

K fins

Z3

RI 10

200

*IM twitch =25 fly/25FR, 25 Ba/25 FR etc

c/down

200

choice

200

2400