

LANE 3 (CSS 38s)

8-Apr-23

1600

TSS''' 63 IF 0.80

Easy-Mod

w/up

2x100

as 25 drill 25 swim

1. form 2. FR

fins

200

Main set

fins off

3x100

drills/fins

Z3

RI 15

300

2x100

FR

Z3

RI 20

200

1x100

IM twitch*

Z3

RI 60

100

1x100

pull hard

Z5

RI 30

100

2x100

IM twitch*

Z3

RI 20

200

3x100

FR hard

Z5

RI 10

300