

9-Apr-23

2000

TSS' 63 IF 0.79

Easy-Mod

w/up

drawn up as a table

100

FR easy

Z2

100

100

form choice

Z3-4

100

Main set

4 repeats

100

kick*

400

100

drill**

400

200

swim - fast***

Z5 RI 20 per 100m or 10 per 50m

800

*kick

1. FR no fins 2. BA fins 3. BR no fins 4. fly fins

**drills

1. Catchup 2. 8-3-8 fins 3. separation 4. 2L-2R-2fly fins

*swim

1. 200 FR 2. 2x100 BA 3. 4x50 BR 4. 4x50 IM order RI20/10

c/down

200

swim fins or FR pull easy

200

2000