

LANE 1 (CSS 25s)

25-Mar-23

**2100**

TSS' 60 IF 0.83

Easy

w/up

100

FR easy

100

200

FR fins "seal fin" drill

fins

200

100

IM no fins

100

Main set

fins off

8x25

FR on 40s

RI 30s

200

4x50

FR on 60s

RI 60s

200

2x100

FR on 2:00

RI 60s

200

200

FR Z4b

200

8min

Zone out, choice stroke (wetros)

3x2:40

400

3x100

IM fins

300

c/down

200

K fins choice or FR pull

200

**2100**