

LANE 3 (CSS 38s)

25-Mar-23

1700

TSS''' 65 IF 0.75

Mod-Easy

w/up

3x100

1. FR 2. BR 3. BA

300

100

FR catchup

100

100

FR pull "count strokes"

100

Main set

100

FR drill fins 6-1-6

100

100

"seal fin" drill fins

100

fins off

6x50

FR fast #3&6 pull - on 1:20 or 1:30

300

8 min

continuous swim, include 2x50 form

3x2:40

300

2x100

K fins ↑FR ↓1-BA 2-fly 25 fast 25 E

200

c/down

200

FR pull easy

200

1700