

26-Mar-23

1600

TSS''' 61 IF 0.73

Easy

w/up

- 100 FR easy 100
- 200 FR pull or fins faertlek (ev 4th 25 fast) 200

Main set

Comp stroke drill set

- 100 choice str desc times 100
- 4x50 choice str desc times 200
- 200 form specific drills (2K1P, sep, 8-3-8, 8/8, L-drill) 200
- 4x50 form ch desc times 200
- 100 YMCA drill fins 25 drill 25 swim 100
- 100 YMC accelerate 25 drill 25 swim 100
- 200 FR build 200

c/down

- 200 K fins easy or 6-1-6 easy fins 200

1600