

6-May-23

2300

Moderate

w/up

TSS' 66 IF 0.74

10x50

FR on 1:10

Desc times (1st 2 slow)

500

BR drills

200

BR K up, FR K back no fins

200

100

BR "chinball" drill - 25 golf 25 BR* dive

100

4x50

BR count strokes

200

FR drills & swim

100

FR K fins on side - K both directions

100

2x100

FR single arm kick drill

ch 50

Brenton Ford

200

Pyramid

2x50

FR

on 0:55

100

100

FR

on 1:45

100

200

FR

on 3:30

200

100

FR

on 1:45

100

2x50

FR

on 1:00

100

200

IM

Opt 2x100 IM

200

c/down

200

choice

200

2300