

7-May-23

2200

TSS' 57 IF 0.70

Easy

w/up

3x100

100 FR E 2x100 choice form

300

FR drills & swim

100

FR K fins on side - K both directions

100

2x100

FR single arm kick drill ch 100

Brenton Ford

200

Main set

300

FR CSS+6 per 100 m Z3

RI 60 s

300

300

FR CSS+1 per 100 Z4a

300

(300

FR build ea 75 Z2-3-4a-5)

300

FR fins OR pad+pull Z3

300

300

FR as 125 Z2/ 125 Z3 /50 Z5

300

300

FR pull Z3 Opt: sub form Z3

300

c/down

200

K fins or easy form

200

2300