

7-May-23

2200

TSS''' 57 IF 0.69

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

100

Main set

200

FR CSS+6 per 100 m Z3

RI 30 s

200

200

FR CSS+1 per 100 Z4a

200

OR 200

FR build ea 50 Z2-3-4a-5)

400

FR fins OR pad+pull Z3

400

200

FR as 75 Z2/ 75 Z3 /50 Z5

200

c/down

200

K fins or easy form

200

1700