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400 Fins 100 Fs/Bk 50 Kick 6x100 Finz 20m Foil/30 BoB/20uw/30Rec 6x100 Finz @2 odd 35m i7 uw/15m i8 acc/50m i1 rec, even 35m i7/65m i1 rec 2x 3x200 Kick @3:45 3x200 Pull 6x50 Band/Pd, TT 40 ca 35-								300 Fins Fs/Bk Loco 4x100 25Kick uw/50 Drill/25 acc 6x50 Fins 2x 20m Speed Drill/30m i1 4x100 Kick fly 2x50 fly 25m Kick/25m i5 Strong kick sw 4x100 Kick fs 4x25m fd @45 15m i8 Head up 400 Fins 75m D/25 acc/50 Bk								600 Fz (150m Fs/Bk/50m bob) 10x 50 Fins 35K/D 15 acc 35uw/15rec 2x 5x100 Kick @1:50 5x50 i5 Band/fp, fpTempo Trainer 40 @1:15 50 rec								600 fins loco 2x 8x50 fins fly kick drill @60 8x25 uw kick @45 200 i1 3x 8x50 paddels odd fs even fly 1-4 400 100m fs/50m bk @5.30								400 fins sw 100fs/50bk 1200 fins sw 200fs/100bk 6x50 20m i7 fly/30m i2 fs @1:15 4x100 fs pull paddles i2 2x100 fs i2 200 kick i2 3x100 fs pull paddles i2 3x100 fs i2/i3 200 kick i2 2x100 fs pull paddles i2								600 Fz (400m Fs/Bk/200m BC) 8x200 odd PP even 150 fs/50Bk 2x 4x100kick odd Fs even BoB 4x25 i7 odd Fly, even Fs SD @45 100rec 400 Fins Drill choice of								rest																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																
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