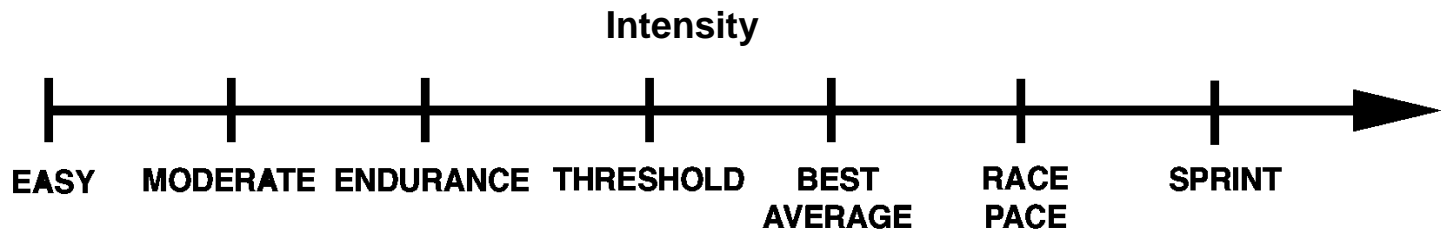




MySwimPro Workout

Friday October 25, 2019

Level : Intermedi rio
Distance : 3000
Total Time : 70 minutos



Aquecer

F cil 1 X 300 Freestyle @ 6:00
Moderado 6 X 50 Kick @ 1:15

Pr prio

Moderado 2 X 50 Drill @ 1:20
 3 Strokes and 6 Kicks
Resist ncia 1 X 300 Freestyle @ 5:30

S rie principal X 2

limite 3 X 200 Freestyle @ 3:30
Resist ncia 1 X 100 IM @ 2:00
Moderado 1 X 200 Pull @ 4:00

Relaxar

F cil 1 X 200 Freestyle @ 4:00

