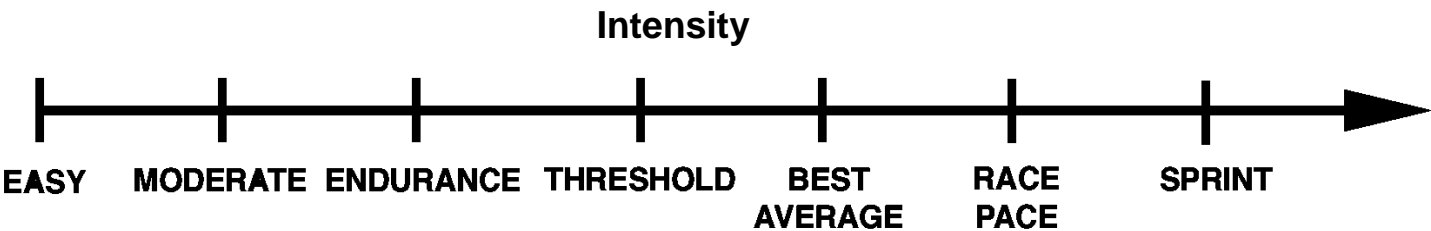




# MySwimPro Workout

Saturday October 26, 2019

Level : Novato  
Distance : 1800  
Total Time : 39 minutos



## Aquecimento

- F cil 1 X 200 Freestyle
- Moderado 4 X 50 Kick
- Moderado 2 X 100 IM

## S rie de educativo

- Moderado 4 X 25 Drill  
3 bra adas + 12 pernadas
- Moderado 4 X 25 Drill  
Educativo de punho
- Moderado 4 X 25 Drill  
Educativo arrastando o dorso da m o na  gua e o

## S rie principal

- Resist ncia 4 X 100 Pull
- limite 8 X 50 Freestyle

## Relaxar

- F cil 1 X 100 Freestyle

