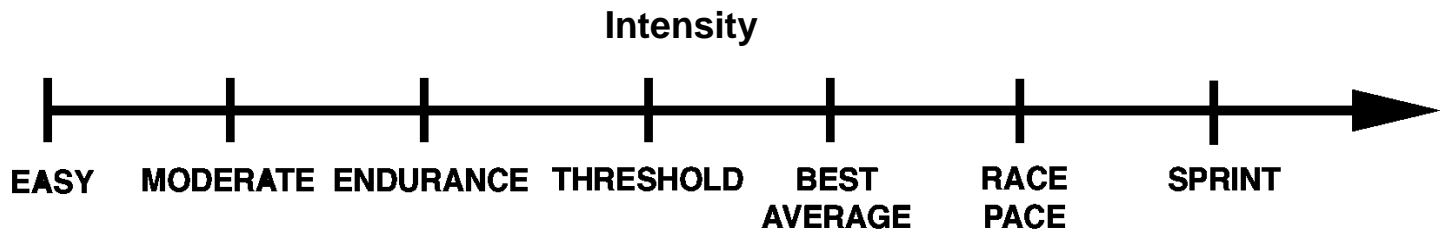




# MySwimPro Workout

Saturday October 26, 2019

Level : N  vel avan  ado  
Distance : 5000  
Total Time : 104 minutos



## Aquecer

F  cil 1 X 500 Freestyle @ 8:00  
Moderado 6 X 50 Kick @ 1:10

## Pr  -s  rie X 2

Moderado 4 X 50 Drill @ 1:10  
3 Strokes and 6 Kicks  
Resist  ncia 1 X 200 Freestyle @ 3:30

## S  rie principal X 2

limite 5 X 200 Freestyle @ 3:20  
Resist  ncia 3 X 100 IM @ 2:00  
Moderado 1 X 300 Pull @ 5:00

## Relaxar

F  cil 1 X 200 Freestyle @ 4:00

