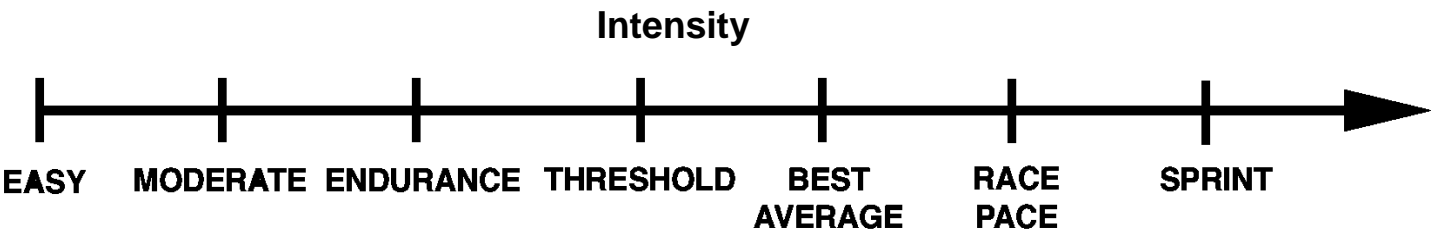




MySwimPro Workout

Saturday October 26, 2019

Level : N vel avan ado
Distance : 10000
Total Time : 173 minutos



Aquecer

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

Pr -s rie X 2

Moderado 4 X 50 Drill @ 1:00
3 Strokes and 6 Kicks
Resist ncia 4 X 100 Pull @ 1:40

S rie principal X 3

limite 10 X 200 Freestyle @ 3:00
Moderado 1 X 500 Freestyle @ 8:00

Relaxar

F cil 1 X 300 Freestyle @ 5:00

