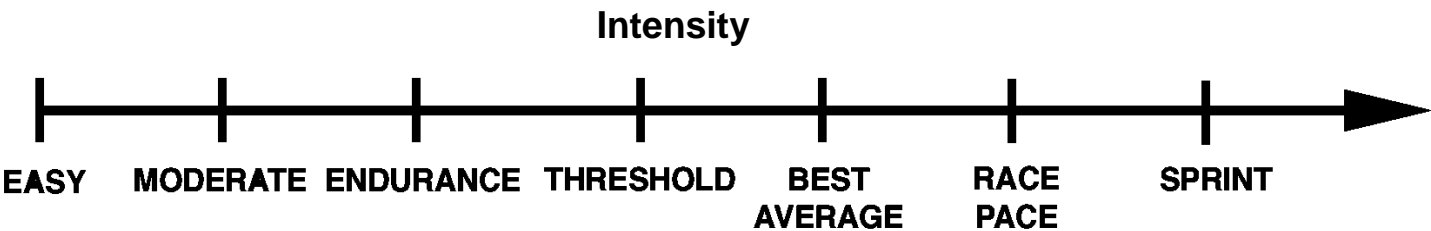




# MySwimPro Workout

Saturday October 26, 2019

Level : Novato  
Distance : 2300  
Total Time : 62 minutos



- Aquecer**
- FÆcil 1 X 300 Freestyle
  - Moderado 4 X 50 Kick @ 1:30  
Streamline dorsal
  - Moderado 6 X 50 IM @ 1:30  
Transition IM: Fly-Bk, Bk-Br, Br-Fr
- PrØ-sØrie**
- Moderado 4 X 75 Drill @ 2:00  
Concentre-se na execuçªo de toda a braçada
  - ResistØncia 1 X 400 Pull
- SØrie principal**
- ResistØncia 2 X 200 Pull @ 5:00
  - limite 3 X 100 Freestyle @ 2:30
- Soltar**
- FÆcil 1 X 100 Freestyle  
Nataçªo silenciosa

