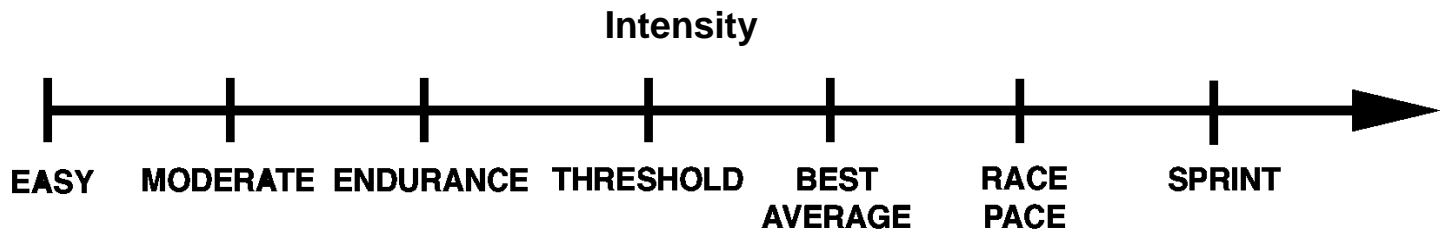




# MySwimPro Workout

Saturday October 26, 2019

Level : Novato  
Distance : 2000  
Total Time : 61 minutos



## Aquecer

FÆcil	1 X 300 Freestyle
Moderado	6 X 50 Kick @ 1:30 Streamline dorsal
Moderado	4 X 25 IM @ 0:50 Butterfly, Backstroke, Breaststroke, Freestyle

## SØrie de educativo

Moderado	4 X 50 Drill @ 1:30 3 braçadas + 12 pernadas
Moderado	4 X 50 Drill @ 1:15 Educativo arrastando o dorso da mªo na Ægua e o

## SØrie principal

Moderado	1 X 200 Pull @ 5:20
limite	2 X 100 Pull @ 2:30
Moderado	4 X 50 Pull @ 1:30
limite	8 X 25 Pull @ 0:35

## Soltar

FÆcil	1 X 100 Freestyle Nataço silenciosa
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