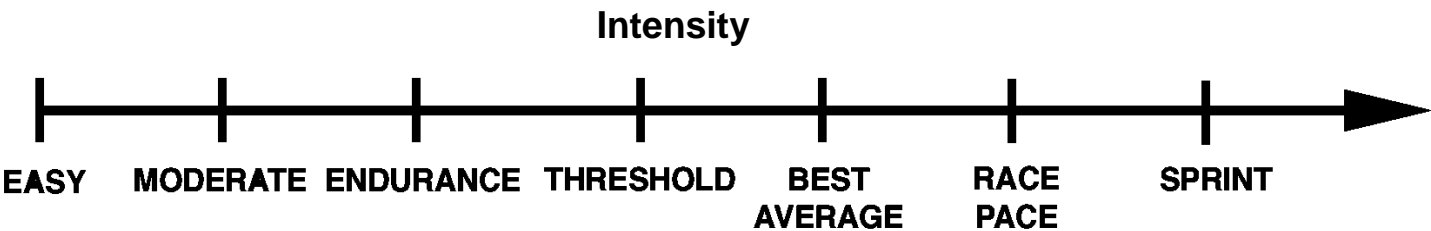




MySwimPro Workout

Saturday October 26, 2019

Level : Novato
Distance : 2150
Total Time : 73 minutos



Aquecer

FÆcil 1 X 200 Freestyle
Moderado 6 X 25 Kick @ 0:55
Streamline dorsal

PrØ-sØrie

Moderado 4 X 25 IM @ 0:55
Butterfly, Backstroke, Breaststroke, Freestyle
ResistØncia 6 X 50 IM @ 1:40
Transition IM: Fly-Bk, Bk-Br, Br-Fr

SØrie de educativo

Moderado 4 X 25 Drill @ 1:00
3 braçadas + 12 pernadas
Moderado 4 X 25 Drill @ 0:55
Educativo de punho
Moderado 4 X 25 Drill @ 0:50
Educativo arrastando o dorso da mªo na Ægua e o

SØrie principal

Moderado 1 X 300 Pull @ 7:10
limite 3 X 100 Freestyle @ 2:35
Moderado 1 X 200 Pull @ 5:20
limite 2 X 100 Freestyle @ 2:30

Soltar

FÆcil 1 X 100 Freestyle
Nataçªo silenciosa

