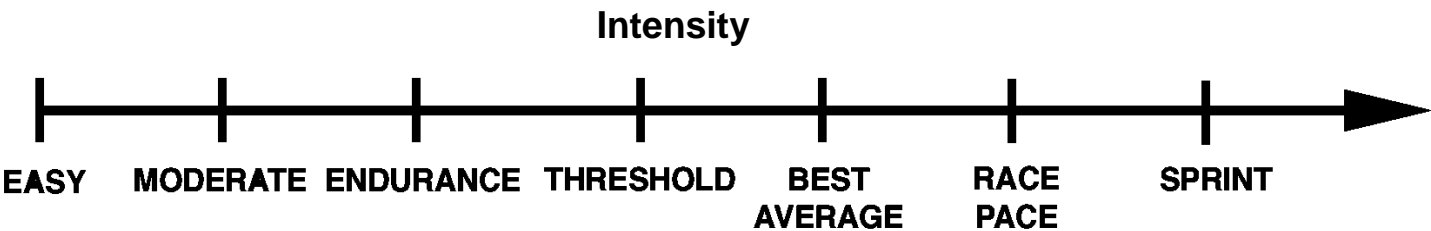




MySwimPro Workout

Saturday October 26, 2019

Level : Novato
Distance : 2500
Total Time : 71 minutos



Aquecer

- F cil 1 X 300 Freestyle
- Moderado 6 X 50 Kick @ 1:30
Streamline dorsal
- Moderado 2 X 100 IM @ 2:40
Butterfly, Backstroke, Breaststroke, Freestyle

Pr -s rie

- Moderado 4 X 50 Drill @ 1:40
Educativo arrastando o dorso da m o na  gua e c
- Resist ncia 4 X 25 Drill @ 0:55
3 bra adas + 12 pernadas

S rie principal

- Moderado 2 X 300 Pull @ 7:00
- Resist ncia 2 X 200 Pull @ 4:50
- limite 2 X 100 Pull @ 2:30

Soltar

- F cil 1 X 200 Freestyle
Nata o silenciosa

