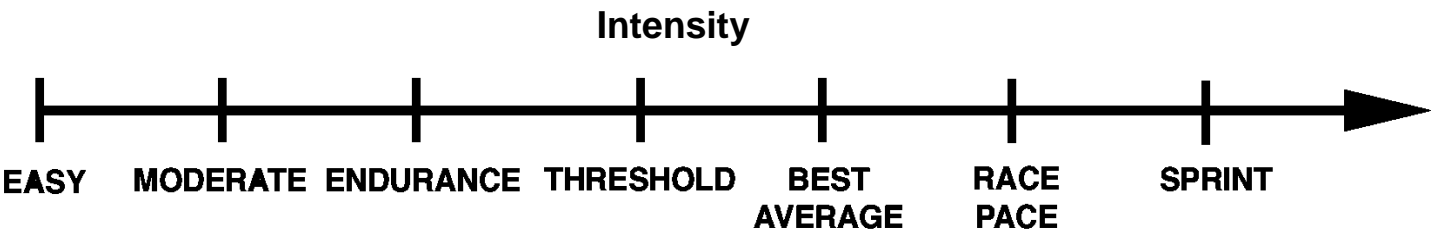




MySwimPro Workout

Saturday October 26, 2019

Level : Novato
Distance : 1500
Total Time : 32 minutos



Aquecimento

F cil 3 X 100 Freestyle
Moderado 4 X 25 Kick
Moderado 8 X 25 IM

Pr -s rie

Resist ncia 4 X 75 Freestyle
Odds: Easy/Fast/Easy, Evens: Fast/Easy/Fast

S rie principal

Resist ncia 1 X 300 Pull
Parcial negativa
limite 4 X 50 Freestyle

Relaxar

F cil 1 X 100 Freestyle

