Regular Program 8

Christoph Bartneck

This program mixes freestyle with increasingly
fast individual medley. The second set focuses
on stroke counts.

⤳**Date:**18 July 2024
⤳**Pool Size:**25
⤳**Units:**meters
⤳**Length:**3400 meters / 136 Laps

Warm up

3 × **200** as	**1** Any ⏱0:20 Easy	1
	1 K Any ⏱0:20 Easy	2
	1 D Any Any ⏱0:20 Easy	3

First set

500 FR ⏱0:15	4
100 IM @_1:45 60%	5
400 FR ⏱0:15	6
100 IM @_1:45 70%	7
300 FR ⏱0:15	8
100 IM @_1:45 80%	9
200 FR ⏱0:15	10
100 IM @_1:45 90%	11
100 FR ⏱0:15	12
100 IM @_1:45 100%	13

Second set

100 FR Easy *Count strokes*	14
6 × **100** FR @_1:45 *Reduce stroke count*	15
100 Any Easy	16