

Regular Program 6

Christoph Bartneck

The sixth regular program celebrates the perfect number six.

→Date:06 June 2024

→Pool Size:25

→Units:meters

→Length:3600

Warm up

600 as		3 ×	100 FR	1
			100 Nr 1	2

First set

2 ×	300	FR Pads Pullbuoy	3
3 ×	200	FR Pads	4
6 ×	100	FR Pullbuoy	5
12 ×	50	FR 00:30 Race Pace	6

Warm down

600 as		2 ×	150 Nr 1 Easy	7
			150 BK Easy	8