

Regular Program 5

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This set is focused on the number five.

~>Date:15 July 2024

~>Pool Size:25

~>Units:meters

~>Length:3000 meters / 120 Laps

Warm up

500 as	100 FR	1
	25 Not FR	2

First set

4 ×	150 FR	00:20	Endurance	3
3 ×	150 BK	00:20	Endurance	4
2 ×	150 BR	00:20	Endurance	5
1 ×	150 D FL		Single Arm	6

Second set

5 ×	100 FR	00:05	Race Pace	7
	50 FR	00:05	Race Pace	8
	50 FR	00:05	Race Pace	9