

# Regular Program 2

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The main set of this program combines a decreasing freestyle instruction with shorter sprints.

~>Date:04 June 2024

~>Pool Size:25

~>Units:meters

~>Length:3100

## Warm up

<b>400</b>	Any Easy	1
4 × Fins	<b>50</b> K BK	2
	<b>100</b> as   <b>50</b> D IM Order Any	3
	<b>50</b> FR	4

## First set

3 ×	<b>250</b> FR 00:30 Pads Pullbuoy	5
	<b>50</b> K Any 00:20 Race Pace	6
	<b>150</b> FR 00:20	7
	<b>50</b> BK 00:20 Race Pace Pullbuoy	8
	<b>50</b> FR 00:20	9
	<b>50</b> Nr 1 01:00 Race Pace	10

## Second set

8 ×	<b>25</b> IM Order @ 0:45	11
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## Warm down

<b>100</b>	Any Easy	12
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