

Jasi Masters

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A sunday program focusing on kick with fins and sprints.

~>Date:18 September 2022

~>Pool Size:25

~>Units:meters

~>Length:

Warm Up			
400	Any Easy		1
200	K BK F		2
	1 D FR 6KD		3
3 x 50	F	asD FR 123 00:00 Fins	4
	1 D FR FT 00:00 Fins		5
50	FR b5 Fins		6
	100 K Any		7
200 as	75 D Any Any		8
	25 Any		9
Main Program			
	3 x 100 as	50 D FR Technic	10
		50 FR	11
	2 x 75 FR	00:45 Endurance	12
2 x	3 x	25 K Any @_0:45	13
		25 FR @_0:45 Max	14
	50	any 00:30 Max	15
	200	Any Easy	16

