

Complex Program

Description:

Target Pool Length: 25 meters

Default Length Unit: meters

Creation Date: 30 June 2022

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Program:

- 100 FR w20 70% Pads and Pullboy
- 100 Kick Front Flutter @ 1:45 70%
- 400 FR 3rd in 1st out 60%
- 4x IM
 - 100 @ 1:45 Tempo
- 4x build 60%-100%
 - 100 FR b5
- 4x
 - 2x
 - 50 BK
 - 50 BR
 - 200 FR
- 2:30 FR
- 8L BK Endurance