

# Regular Program 4

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A freestyle set with a main block of 100 meters with increasing intensity.

~>Date:04 June 2024

~>Pool Size:25

~>Units:meters

~>Length:3000

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## Warm up

4 × **100** FR 1

4 × **50** IM Overlap 2

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## First set

4 × 60...90% 4 × **100** FR @\_1:35 *Extra 1:00 rest* 3

6 × **50** FR @\_1:00 Max 4

**50** Not FR @\_1:00 Easy 5

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## Warm down

**200** Any Easy 6