Swimming Dunedin

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Practise 01 Week 09 Option 1

⤳**Date:**15 June 2024
⤳**Pool Size:**50
⤳**Units:**meters
⤳**Length:**5900 meters / 118 Laps

Skill warm up

4 × **200** @_3:00 Fins as	**1** FR		1
	1 BK		2
	1 IM		3
	1 FR		4
6 × @_1:45 Fins **100** as	**50** K Back Dolphin		5
	30 K Back Flutter		6
	20 FR Race Pace b0		7
4 × @_1:10	**50** as	**20** FR *SVO*	8
		30 D Any Technic *SVO*	9
	50 as	**20** D Any Any	10
		30 Any Easy…Max	11
200 Any			12

Threshold and Endurance

4 ×	**300** FR @_4:00 Threshold	13
	3 × **100** FR @_1:20 Endurance	14

Easy and Threshold

3 ×	4 × **50** FL @_1:00 Threshold Fins	15
	2 × **150** FR ⟳0:20 Easy	16

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