

Regular Program 10

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This program is a Christmas tradition at the JASI Masters club. December is summer in New Zealand and we swim this in the 50 meters outdoor pool.

~>Date:19 July 2024

~>Pool Size:50

~>Units:meters

~>Length:10000 meters / 200 Laps

100 times 100

10 × 100 D IM Any @_2:00	1
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10 × 100 FR @_1:45	2
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10 × 100 FR @_1:45 Pads	3
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10 × 100 FR @_1:45 Pullbuoy	4
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10 × 100 FR @_1:45 Pads Pullbuoy	5
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10 × 100 K IM Overlap 00:15	6
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10 × 50...90% 100 FR @_1:45	7
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10 × 100 as 50 Nr 2	8
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10 × 100 as 50 Nr 3	9
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10 × 100 as 50 Nr 1 Easy	10
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10 × 100 as 50 Nr 1 Race Pace	11
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10 × 100 Any @_2:00 Easy	12
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