Regular Program 2

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The main set of this program combines a decreasing freestyle instruction with shorter sprints.

⤳**Date:**04 June 2024
⤳**Pool Size:**25
⤳**Units:**meters
⤳**Length:**3100

Warm up	
400 Any Easy	1

4 × Fins	**50** K BK		2
	100 as	**50** D IM Order Any	3
		50 FR	4

First set	
	250 FR ◔0:30 Pads Pullbuoy	5
	50 K Any ◔0:20 Race Pace	6
3 ×	**150** FR ◔0:20	7
	50 BK ◔0:20 Race Pace Pullbuoy	8
	50 FR ◔0:20	9
	50 Nr 1 ◔1:00 Race Pace	10

Second set	
8 × **25** IM Order @_0:45	11

Warm down	
100 Any Easy	12