Regular Program 3

Christoph Bartneck

The main set of this program combines a freestyle pyramid with shorter sprints in IM or Nr 1.

>Date:01 July 2024
∽Pool Size:25
<pre>→Units:meters</pre>

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	Warm up	
400 Any Easy		1
	LEO // ED	

400 Any Easy		-
	50 K FR	2
300 Second round as not freestyle	50 D FR Any	-

	50 K FR	
300 Second round as not freestyle	50 D FR Any	
not ji oootyto	50 FR	
	First set	

not freestyle as	JO D IN Ally	J	
	50 FR	4	
First set			
400 FR Pads Pullbuoy	1	5	
/ 2F TM Omdom 6 0	1.70	/	

300 Second round as not freestyle	50 D FR Any	-
not frootige	50 FR	4
	First set	

25 IM Order @_0:30

6

7 × Threshold...Endurance 300 FR ©0:45

50 Nr 1 @_1:00

2

8 9 3 × Easy...Endurance 200 FR ©3:15

2 × **50** IM Overlap @_1:00 10

4 × Easy...Race Pace **100** FR @_1:35

11 12

25 Nr 1 @_0:30 4 ×

made with: **SWINL**