## 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				
<b>⇒Units:</b> meters				
→Length:3100 π	eters /	124	Laps	

eters / 124 Laps	
Warm up	
	1
<b>50</b> K FR	2
	Warm up

400	Any Easy			1	
	Second		<b>50</b> K FR	2	
300	round not	as	<b>50</b> D FR Any	3	
	freestyle		<b>50</b> FR	4	
First set					

	Second		30 K T K	_		
300	round not	as	<b>50</b> D FR Any	3		
	freestyle		<b>50</b> FR	4		
First set						
<b>400</b> FR Pads Pullbuoy						
4 × <b>25</b> IM Order <u>@</u> 0:30						
2 ×	ThresholdEr	ndura	ance <b>300</b> FR 🖭:45	7		

			warm up	
400	Any Easy			1
Second 300 round not freestyle	Second		<b>50</b> K FR	2
	as	<b>50</b> D FR Any	3	
	freestyle		<b>50</b> FR	4
			First sat	

2 × **50** Nr 1 @\_1:00

8

9

12

3 × Easy...Endurance 200 FR ©3:15

2 × **50** IM Overlap @\_1:00 10 4 × Easy...Race Pace **100** FR @\_1:35 11

4 × 25 Nr 1 @\_0:30

made with: SWINL