

# Regular Program 6

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The sixth regular program celebrates the perfect number six.

↪Date:06 June 2024

↪Pool Size:25

↪Units:meters

↪Length:3600 meters / 144 Laps

## Warm up

|        |  |     |          |   |
|--------|--|-----|----------|---|
| 600 as |  | 3 × | 100 FR   | 1 |
|        |  |     | 100 Nr 1 | 2 |

## First set

|      |     |                    |   |
|------|-----|--------------------|---|
| 2 ×  | 300 | FR Pads Pullbuoy   | 3 |
| 3 ×  | 200 | FR Pads            | 4 |
| 6 ×  | 100 | FR Pullbuoy        | 5 |
| 12 × | 50  | FR 00:30 Race Pace | 6 |

## Warm down

|        |  |     |               |   |
|--------|--|-----|---------------|---|
| 600 as |  | 2 × | 150 Nr 1 Easy | 7 |
|        |  |     | 150 BK Easy   | 8 |