

# Regular Program 7

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This program mixes freestyle with individual medley, easy with fast swimming.

~>Date:15 July 2024

~>Pool Size:25

~>Units:meters

~>Length:3300 meters / 132 Laps

## Warm up

300 as	50 K Any	1
	50 D Any Any	2
	50 Any	3

## First set

3 x	300 FR 00:30 Threshold	4
	200 IM 00:20 Endurance	5
	100 K Any Easy	6

## Second set

3 x	50 FR 00:20 Easy	7
	100 IM 00:10 Race Pace	8
	50 Any 00:20 Easy	9
	75 FR 00:10 Race Pace	10
	50 Any 00:20 Easy	11

## Warm down

225 Any Easy	12
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