Regular Program 3

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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
⤳**Units:**meters
⤳**Length:**3100

Warm up		
400 Any Easy		1
300 *Second round not freestyle* as	**50** K FR	2
	50 D FR Any	3
	50 FR	4

First set	
400 FR Pads Pullbuoy	5
4 × **25** IM Order @_0:30	6
2 × Threshold…Endurance **300** FR ☾0:45	7
2 × **50** Nr 1 @_1:00	8
3 × Easy…Endurance **200** FR ☾3:15	9
2 × **50** IM Overlap @_1:00	10
4 × Easy…Race Pace **100** FR @_1:35	11
4 × **25** Nr 1 @_0:30	12