Regular Program 2

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The main set of this program combines a decreasing freestyle instruction with shorter sprints.

```
→Date:04 June 2024
→Pool Size:25
→Units:meters
→>Length:3100
```

	Warm up	
400 Any E	Easy	1
	⊂50 K BK	2
4 × Fins	100 as 50 D IM Order Any	3

4 × Fins		50 к вн			
	100 00	50 D IM Order Any 50 FR	4		
			[100 as 5	50 FR	4
				First set	
		250	FR 🖭:30	Pads Pullbuoy	

		C 130 FR	4
		First set	
	250	FR 🖭 30 Pads Pullbuoy	5
	50	K Any ⊙0:20 Race Pace	6
7	150	FR 🖭:20	7
3 ×	50	BK 🖭:20 Race Pace Pullbuoy	8

			The second radio is called by	_
		50	K Any ⊙0:20 Race Pace	6
3 ×		150	FR 👀:20	7
	×	50	BK 👀:20 Race Pace Pullbuoy	8
		50	FR 👀:20	9
	(50	Nr 1 🖭:00 Race Pace	10
			Second set	

8 × **25** IM Order @_0:45 Warm down

12

100 Any Easy