

Swimming Dunedin

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Olympic Practise 02 Week 09 Speed Development

→Date:17 June 2024

→Pool Size:50

→Units:meters

→Length:3250 meters / 65 Laps

Warm up		
600	Any Easy	1
3 × @_1:00	50 Nr 1	2
	50 IM Overlap	3
6 ×	25 FR @_1:00 <i>HVO</i>	4
	25 D Any Scull @_1:00	5
3 ×	50 FR @_1:10 <i>Strong RTG</i>	6
	50 FR @_1:10 <i>Smooth</i>	7
2 × 100 as	25 FR Max <i>R Start</i>	8
	75 FR Easy	9
	50 FR Max <i>Push Off Start</i>	10
100	FR 00:15	11
100	D FR Any 00:15	12
100	FR 00:15 Pullbuoy	13
6 ×	100 K Any 00:15	14
	100 FR 00:15 Pullbuoy	15

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