## Regular Program 10

## Christoph Bartneck This program is a Christmas tradition at the

JASI Masters club. December is summer in New Zealand and we swim this in the 50 meter outdoor pool.

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→Date:19 July 2024
→Pool Size:50
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IUU TIMES IUU	
10 × <b>100</b> D IM Any @_2:00	1
10 × <b>100</b> FR @_1:45	2
40 400 ED 0 4: /E D 1	_

→>Length:10000 meters / 200 Laps

10 × 100	FR @ 1.45 Paus	J
10 × <b>100</b>	FR @_1:45 Pullbuoy	4
10 × <b>100</b>	FR @_1:45 Pads Pullbuoy	5
10 × <b>100</b>	K IM Overlap ⊙0:15	6
		_

	•	
10 × <b>100</b>	FR <u>@_</u> 1:45	2
10 × <b>100</b>	FR @_1:45 Pads	3
10 × <b>100</b>	FR @_1:45 Pullbuoy	4
10 × <b>100</b>	FR @_1:45 Pads Pullbuoy	5
10 × <b>100</b>	K IM Overlap ⊙0:15	6
10 × 5090% <b>100</b>	FR @_1:45	7
	FO N: 0	0

10 × <b>100</b>	FR @_1:45 Pullbuoy	4
10 × <b>100</b>	FR @_1:45 Pads Pullbuoy	5
10 × <b>100</b>	K IM Overlap ⊙0:15	6
10 × 5090% <b>100</b>	FR @_1:45	7
10 × <b>100</b>	as <b>50</b> Nr 2 <b>50</b> Nr 3	8
10 × <b>100</b>	<b>50</b> Nr 3	9
	50 Nr 1 Fasy	10

		10	×	100	K ]	M Overlap ੴ0	:15	6
10	×	5090	)%	100	FR	<u>0</u> 1:45		7
		10	.,	100		<b>50</b> Nr 2		8
	-	10 × <b>100</b>	as	<b>50</b> Nr 3		9		
		10	.,	100		<b>50</b> Nr 1 Eas <b>50</b> Nr 1 Rac	У	10
		10	×	TOO	as	<b>50</b> Nr 1 Rac	e Pace	11

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10 × **100** Any @\_2:00 Easy made with: SWITTL

→Units:meters