

# 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 meters / 124 Laps

## Warm up

<b>400</b>	Any Easy			1
	<i>Second</i>		<b>50</b> K FR	2
<b>300</b>	<i>round not</i>	as	<b>50</b> D FR Any	3
	<i>freestyle</i>		<b>50</b> FR	4

## First set

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