

Regular Program 1

Christoph Bartneck

A simple program mixing longer aerobic freestyle with shorter sprints.

~>Date:01 June 2024

~>Pool Size:25

~>Units:meters

~>Length:3100

Warm up

300	Any Easy	1
	100 K Any	2
300 as	100 D Any Any	3
	100 Any	4

First set

400	FR Pads Pullbuoy	5
4 ×	25 IM Order @_0:30	6
2 ×	Easy...Race Pace 300 FR @0:45	7
2 ×	50 Nr 1 @_1:00	8
3 ×	Easy...Race Pace 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

Warm down

100	Any Easy	13
------------	----------	----