

# Jasi Masters

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A sunday program focusing on kick with fins and sprints.

~>Date:18 September 2022  
~>Pool Size:25  
~>Units:meters  
~>Length:2700

Warm Up			
400	Any Easy		1
200	K BK Fins		2
150	Fins as	50 D FR 6KD	3
		50 D FR 123 00:00 Fins	4
		50 D FR FT 00:00 Fins	5
50	FR b5 Fins		6
	10 Any		7
200	as	75 D Any Any	8
		25 Any	9
Main Program			
3 x 1	as	50 D FR Technic	10
		50 FR	11
2 x	75	FR 00:45 Endurance	12
3 x		25 K Any @ 0:45	13
		25 FR @ 0:45 Max	14
		50 Any 00:30 Max	15
		200 Any Easy	16

made with



