Regular Program 8

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This program mixes freestyle with increasingly fast individual medley. The second set focuses on stroke counts.

```
→Date:18 July 2024
→Pool Size:25
```

→Units:meters →>Length:3400 meters / 136 Laps

Warm up	
1 Any ⊙0:20 Easy	1
3 × 200 as 1 K Any © 0:20 Easy	2

1 D Any Any ੴ0:20 Easy First set

500	FR	© 0:15		4
100	IM	@_1:45 60	9%]
/00	ГΒ	@0 · 1 E		

1 11	00.10		
IM	@_1:45	60%	
FR	⊙ 0:15		Ć
	IM	IM @_1:45 FR @0:15	IM @_1:45 60%

400	FR	⊙ 0:15		6
100	IM	@_1:45	70%	7
300	FR	⊙ 0:15		8

300	FR	©0:1 5	8
100	IM	@_1:45 80%	(

TOO	ΤI	<u>U</u> 1.45	00%			
400	FR	©0:15				
100	IM	@_1:45	70%			
รคค	ΕD	<u>-0.15</u>				

```
200 FR ©0:15
                                                      10
                                                     11
```

400	FR	⊙ 0:15		
100	IM	@_1:45	70%	
300	FR	©0:15		

```
100 IM @_1:45 90%
                                                  12
```

```
100 FR ©0:15
```

Second set

13

14

15

16

100 IM @_1:45 100%

100 Any Easy

made with: SIII

100 FR Easy Count strokes

6 × 100 FR @ 1:45 Reduce stroke count