## Regular Program 8

### Christoph Bartneck

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

<b>⇔Date:1</b> 8 July	2024		
<pre>→Pool Size:25</pre>			
<b>⇔Units:</b> meters			
<pre>→&gt;Length:3400 m</pre>	neters / 136	Laps	

wai iii op	
<b>1</b> Any <b>⊙</b> 0:20 Easy	-
3 × <b>200</b> as <b>1</b> K Any <b>⊙</b> 0:20 Easy	
4 D Amer Amer 20100 Face	-

# l **1** D Any Any ⊙0:20 Easy First set

500	FR	<b>©0:15</b>		2
100	IM	@_1:45	60%	
<b>/</b> 00	ED	<b>@0 · 1</b> 5		,

100	IM @_1:45	60%	ļ
400	FR 🖭:15		(
100	TM @ 1 · / 5	70%	

400	FR	00:15		_
100	IM	@_1:45	70%	/
300	FR	O0:15	9	

500	rk C	0.13					
100	IM @	_1:45	60%				
400	FR C	0:15					

			00/0
400	FR	<b>©0:15</b>	
100	IM	@_1:45	70%
		- 0 - 4 -	

		33.13
100	IM	<u>0</u> 1:45 70%
300	FR	<b>©0:15</b>

```
100 IM @ 1:45 80%
                                                   9
200 FR @0:15
                                                   10
```

Second set

11

12

13

14

15

16

**100** IM @ 1:45 90%

**100** IM @ 1:45 100%

100 FR Easy Count strokes

6 × **100** FR @\_1:45 Reduce stroke count

100 FR ©0:15

100 Any Easy

made with: SWINL