

Title Of The Program 01

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- **Date:** 12 July 2022
- **Pool Size:**25
- **Units:** meters
- **Length:** 2500

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100 FR w0:20 70% *Pads and Pullboy*

100 Kick

400 FR 3rd in 1st out, 60%

test

4× IM

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100 BK *Pads and Pullboy*

100

50J²⁰⁰-50 @1:45 Tempo

2×

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100 BR @_1:45

100 FR @_1:45

100 IM @_1:45 Tempo 3

100 FL @_1:45 Tempo 4

200 BK @1:30 And a lot of things