

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:

Warm Up			
400	Any Easy		1
200	K BK Fins		2
	1 D FR 6KD		3
3 x 50	Fins 123 00:00 Fins		4
	1 D FR FT 00:00 Fins		5
50	FR b5 Fins		6
	100 K Any		7
200 as	75 D Any Any		8
	25 Any		9
Main Program			
	3 x 100 as 50 D FR Technic		10
	50 FR		11
	2 x 75 FR 00:45 Endurance		12
2 x	3 x 25 K Any @ 0:45		13
	25 FR @ 0:45 Max		14
	50 Any 00:30 Max		15
	200 Any Easy		16

