

Regular Program 8

Christoph Bartneck

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

3 × 200 as	1 Any 00:20 Easy	1
	1 K Any 00:20 Easy	2
	1 D Any Any 00:20 Easy	3

First set

500 FR 00:15	4
100 IM @_1:45 60%	5
400 FR 00:15	6
100 IM @_1:45 70%	7
300 FR 00:15	8
100 IM @_1:45 80%	9
200 FR 00:15	10
100 IM @_1:45 90%	11
100 FR 00:15	12
100 IM @_1:45 100%	13

Second set

100 FR Easy <i>Count strokes</i>	14
6 × 100 FR @_1:45 <i>Reduce stroke count</i>	15
100 Any Easy	16