## Regular Program 5

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This set is focused on the number five.

```
→Date:15 July 2024
→Pool Size:25

√→Units:meters

→>Length:3000 meters / 120 Laps
```

			Warm	up		
<b>500</b> as	100	FR				1
<b>500</b> as	25	Not FR				2
			First	set		

50	0	as	25 Not FR	
			First set	
/.	¥	150	ER @0.20 Endurance	

				First set	
4	×	150	FR 🖭:20	Endurance	,
3	×	<b>150</b>	BK 🖭:20	Endurance	
2	×	<b>150</b>	BR 🖭:20	Endurance	
_					

4	×	<b>150</b> FR <b>⊙</b> 0:20 Endurance	3		
3	×	<b>150</b> BK <b>⊙</b> 0:20 Endurance	۷		
2	×	<b>150</b> BR <b>⊙</b> 0:20 Endurance	5		
1	×	<b>150</b> D FL Single Arm	6		
Second set					
	<b>100</b> FR <b>⊙</b> 0:05 Race Pace				

**50** FR **⊙**0:05 Race Pace **50** FR **⊙**0:05 Race Pace

made with: SWITTL