

Regular Program 2

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The main set of this program combines a decreasing freestyle instruction with shorter sprints.

→Date:04 June 2024

→Pool Size:25

→Units:meters

→Length:3100 meters / 124 Laps

Warm up

400	Any Easy	1
4 × Fins	50 K BK	2
	100 as 50 D IM Order Any	3
	50 FR	4

First set

3 ×	250 FR 00:30 Pads Pullbuoy	5
	50 K Any 00:20 Race Pace	6
	150 FR 00:20	7
	50 BK 00:20 Race Pace Pullbuoy	8
	50 FR 00:20	9
	50 Nr 1 01:00 Race Pace	10

Second set

8 ×	25 IM Order @ 0:45	11
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Warm down

100	Any Easy	12
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