

first

Warm Up

100 FR 00:20 70% b3 Pads Pullbuoy *Focus on body position* 1
200 K Front Flutter Endurance ↓ Fins **100** IM 70...100% Within *Focus on*
underwater phase **100** IM @_1:25 ♥70...100% Across *Focus on underwater*
phase first

Main

100 D FR 123 ♥90% **300** K IM 01:00 **5:09** Any b5 7