

# Regular Program 9

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This program focuses on kicking.

→Date:19 July 2024

→Pool Size:25

→Units:meters

→Length:3200 meters / 128 Laps

## Warm up

<b>300</b> FR Easy	1
<b>200</b> D IM Any Easy	2
<b>100</b> K Any Easy	3

## First set

4 ×	<b>200</b> K IM Order 00:15	4
	<b>100</b> FR @ 1:45	5
	4 × <b>25</b> K FL 01:00 Race Pace ↓ Fins	6
4 × <b>200</b> as	<b>50</b> K Front Flutter	7
	<b>50</b> K Side Flutter	8
	<b>50</b> K Back Flutter	9
	<b>50</b> K Side Flutter	10

## Warm down

<b>200</b> Any Easy	11
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