

# PSV Masters

Harold Matla

Program for Tuesday evening session.

→Date:26 August 2024

→Pool Size:50

→Units:meters

→Length:3800 meters / 76 Laps

Warm up			
4 × 00:15	100 FR		1
4 × 00:15	100 as	50 K Any	2
		50 Any Arms	3
200	Any 00:15		4
Endurance set			
4 ×	100 FR 00:25	70%	5
4 ×	150 FR 00:30	70%	6
2 ×	200 FR 00:40	70%	7
1 ×	400 FR	70%	8
Speed set			
8 × @ 1:20	50 as	25 FL 80% <i>Focus on technique</i>	9
		25 Any	10
4 × @ 1:10	50 FR	60...90%	11
50 @ 1:10	as	15 FR Max	12
		35 FR Easy	13
50 @ 1:10	as	20 FR Max	14
		30 FR Easy	15
50 @ 1:10	as	25 FR Max	16
		25 FR Easy	17
50 @ 1:10	as	35 FR Max	18
		15 FR Easy	19
100	Any Easy		20
100	as	50 Any Max	21
		50 Any Easy	22

made with: **swimL**