Regular Program 1

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A simple program mixing longer aerobic
freestyle with shorter sprints.

⤳**Date:**01 June 2024
⤳**Pool Size:**25
⤳**Units:**meters
⤳**Length:**3100 meters / 124 Laps

Warm up	
300 Any Easy	1
300 as | **100** K Any	2
100 D Any Any	3
100 Any	4

First set	
400 FR Pads Pullbuoy	5
4 × **25** IM Order @_0:30	6
2 × Easy…Race Pace **300** FR ◷0:45	7
2 × **50** Nr 1 @_1:00	8
3 × Easy…Race Pace **200** FR @_3:15	9
2 × **50** IM Overlap @_1:00	10
4 × Easy…Race Pace **100** FR @_1:35	11
4 × **25** Nr 1 @_0:30	12

Warm down	
100 Any Easy	13

made with: **swiML**