

# Continues Testing

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Swimming the Super Hero Triangles.

↪Date:28 February 2023

↪Pool Size:25

↪Units:meters

↪Length:3700

| Main set    |                                                                                                   |    |
|-------------|---------------------------------------------------------------------------------------------------|----|
| 3 × 100 FLY |                                                                                                   | 1  |
| 3 × 200 as  | 100 BR                                                                                            | 2  |
|             | 100 BK                                                                                            | 3  |
| 5 × 100 as  | 1 FR @ 1:35                                                                                       | 4  |
|             | 4 BK @ 1:35                                                                                       | 5  |
| 9 × 100 as  | 1 FR @ 1:35                                                                                       | 6  |
|             | 4 × $\left\{ \begin{array}{l} 1 \text{ BK @ 1:35} \\ 1 \text{ FR @ 1:35} \end{array} \right.$     | 7  |
|             |                                                                                                   | 8  |
|             |                                                                                                   |    |
| 500 as      | 100 FR @ 1:35                                                                                     | 9  |
|             | 400 BK @ 1:35                                                                                     | 10 |
| 900 as      | 100 FR @ 1:35                                                                                     | 11 |
|             | 4 × $\left\{ \begin{array}{l} 100 \text{ BK @ 1:35} \\ 100 \text{ FR @ 1:35} \end{array} \right.$ | 12 |
|             |                                                                                                   | 13 |

made with: **swiml**