

# Complex Program

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- **Date:**30 June 2022
- **Pool Size:**25 meters
- **Units:**meters
- **Length:**4459

**101** FR 00:20 70% Pads Pullbuoy 1

## Warm Up

**102** K Front Flutter @\_1:45 70% **103** FR 3 in 1 out 60...100% Within 3

## Main Program

4xHello **104** Any @\_1:45 Tempo 4 5x **105** FR b5 5  
6x  
2x **106** BK **107** BR 7 **108** FR 8

## test

**2:30** FR **1:30** FR **10 laps** BK Endurance 11

made with:

**swimL**