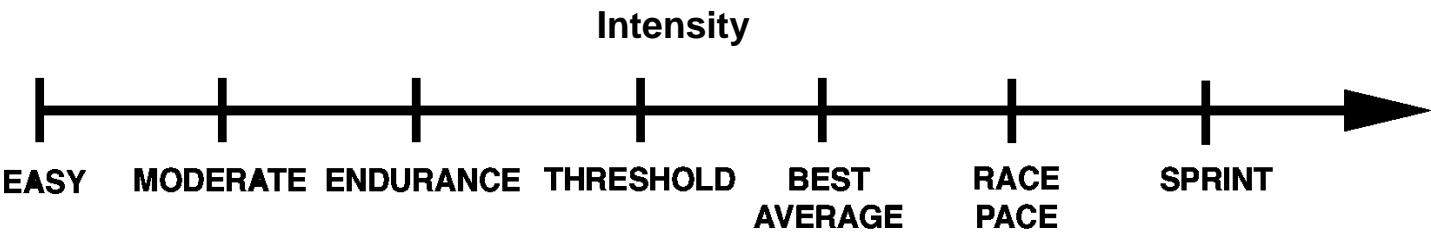




MySwimPro Workout

Saturday October 26, 2019

Level : Nível avançado
Distance : 5000
Total Time : 104 minutos



Aquecer

Fácil 1 X 500 Freestyle @ 8:00
Moderado 6 X 50 Kick @ 1:10

Pré-série X 2

Moderado 4 X 50 Drill @ 1:10
3 Strokes and 6 Kicks
Resistência 1 X 200 Freestyle @ 3:30

Série principal X 2

limite 5 X 200 Freestyle @ 3:20
Resistência 3 X 100 IM @ 2:00
Moderado 1 X 300 Pull @ 5:00

Relaxar

Fácil 1 X 200 Freestyle @ 4:00

