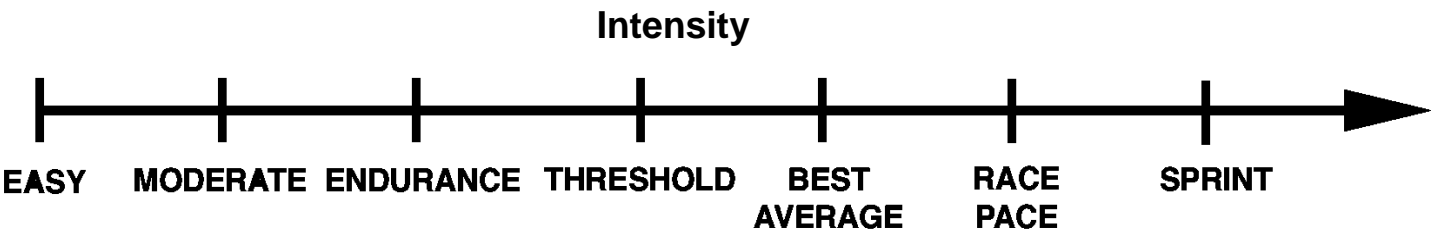




MySwimPro Workout

Saturday October 26, 2019

Level : Novato
Distance : 1500
Total Time : 32 minutos



Aquecimento

Fácil 3 X 100 Freestyle
Moderado 4 X 25 Kick
Moderado 8 X 25 IM

Pré-série

Resistência 4 X 75 Freestyle
Odds: Easy/Fast/Easy, Evens: Fast/Easy/Fast

Série principal

Resistência 1 X 300 Pull
Parcial negativa
limite 4 X 50 Freestyle

Relaxar

Fácil 1 X 100 Freestyle

