

400 m Inn

4x150 m Medley (2xi4 og 2xi4)

4x100 m Crawl (i4)

400 m Crawl/rygg (rød sone)

6x25 m Beinspark

4x50 m 12 kick switch

4x50 m 6 kick switch

4x50 m 3 kick switch

4x75 m 50 m – 6 kick switch

25 m – crawl

200 m Pull

200 m Ut



Beinspark – 3,25 km