

200 m Inn

300 m Teknikk

100 m ben m/brett

100 m arm m/pullboy

100 m fri m/teknikkfokus

25 m Crawl, sprint

25 m Fri, sprint

25 m Crawl, sprint

25 m Fri, sprint

50 m Crawl, sprint

25 m Crawl, sprint

25 m Fri, sprint

25 m Crawl, sprint

100 m Fri, sprint

x 2

200 m Rolig ut



Sprint – Fri 3  
(1,25 km)