SESSION #10
TECHNIQUE SWIM

Warm up:

- 800 steady f/s

Drill:

4x; (Sets 1&3 Fins. Sets 2&4 no fins)

- 50 as 25 drill* + 25 f/s +10s

*fins drill: 6/1/6 no fins drill: scull #1

- 100 f/s 80% effort holding good form +15s
- 150 as 50 drill* +100 f/s +20s

*fins drill: Popov no fins drill: doggy paddle

Warm down:

- 4x 200 steady f/s simply feeling smooth! + 30s

Session difficulty_
3/5 Total distance 2800