SESSION #11
LONG SWIM

Warm up:

- 400 nice & cruisy
- 200 fins↑popov ↓f/s
- 4x 50 breathing 3/5/7s in turn + 10s

Main:

- 7x 300 @CSS pace + 6 sec / 100. Rest 40s or 2 beeps on Wetronome if set to 25m pacing

Warm down:

- 200 easy choice

Session difficulty_
3/5 Total distance 3100