SESSION #13
TECHNIQUE SWIM

Warm up:

- 400 steady f/s
- 400 fins↑6/1/6 ↓f/s
- 400 pull buoy think ‘ push hip out of way as hand passes’

Main:

3x;

- 300 tempo f/s - keep it smooth! +30s
- 2x50 as 25 scull #1 + 25 f/s + 10s
- 200 fins broken per 50 as B2s B5s B7s B9s +30s

Session difficulty 3/5 Total distance 3000