SESSION #15
FRESH & FRUITY PACE SET

Warm up:

- 200 easy f/s
- 200 fins ↑easy ↓ tempo pace (between steady and fast)
- 200 pull buoy - stretch through core, focus on body roll
- 200 kick, no board
- 200 steady f/s

Drill: (Continuous with fins)

- 25 6/1/6 - 25 f/s
- 50 6/3/6 - 50 f/s
- 75 Popov - 75 f/s
- 100 unco - 100 f/s

Main:

3x;

- 200 long steady and smooth +20s
- 4x 50 as 25 fast - 25 cruise + 10s

Warm down:

300 steady choice

Session difficulty 3/5 Total distance 3000