SESSION #16
TECHNIQUE SWIM

Warm up:

- 500 easy f/s thinking about excellent body roll, high elbows and relaxed shoulders

Then:

- 100 fins ↑ 6/1/6 ↓f/s + 20s
- 100 fins ↑ popov ↓f/s + 20s
- 100 fins ↑ 6/3/6 ↓f/s + 20s

Next:

- 500 steady f/s ↑B5s ↓ B3s

Then:

- 6x 100 pull buoy, first 20 scull #1 +15s - aim to really feel the water

Challenge:

- 600 f/s steady pace with fins - how smooth can you swim?
- 12x 50 f/s:
    - 1-4: ↑easy ↓80% effort
    - 5-8: ↑easy ↓stroke count
    - 9-12: Warm down

Session difficulty 3/5 Total distance 3100