SESSION #17
LONG SWIM

Warm up:
2x;
- 100 easy f/s
- 100 fins ↑ 6/1/6 ↓f/s
- 100 pull buoy
- 100 breathing 3/5/7s in turn
- 100 fins ↑ 6/3/6 ↓f/s

Main:
2x;
- 800 @CSS pace +10s / 100 take 60s recovery or 2 beeps
- 4x 50 as 25 fast with good form + 25 easy + 15s rest

Warm down:
- 200 easy choice

Session difficulty 3/5 Total distance 3000