SESSION #19
TECHNIQUE SWIM

Warm up:
2x;
- 100 easy f/s
- 200 fins ↑ popov or 6/3/6 ↓f/s
- 4x 50 as 25 scull #1 +25 f/s

Main:
2x;
- 2x 200 steady & smooth f/s
- 2x 100 pull buoy good roll
- 6x 50 at 80% effort, holding excellent form

Warm down:
- 300 easy with fins, long smooth strokes

Session difficulty 3/5 Total distance 3100