SESSION #20
LONG SWIM

Warm up:
- 400 easy f/s
- 300 fins ↑unco (swap arms every 25) ↓f/s
- 200 pull buoy
- 100 easy f/s

Build:
- 6x 50 fins building to fast during each 50 + 10s

Main:
- 1500 @CSS pace + 6s / 100

Warm down:
- 200 easy choice

Session difficulty 3/5 Total distance 3000