# SESSION #22
## TECHNIQUE SWIM

Main:

- 100 steady f/s just loosen off shoulders + 20s
- 200 pull buoy - efficient roll from hips
- 300 fins ↑popov ↓f/s
- 400 steady f/s ↑B3s ↓B5s
- 500 pull buoy and paddles if you have them
- 500 f/s negative split (second half quicker than first)
- 400 pull buoy steady and smooth
- 300 fins ↑6/3/6 ↓f/s
- 200 ↑f/s ↓backstroke
- 100 f/s

Session difficulty 3/5 Total distance 3000