SESSION #23
LONG SWIM

Warm up:

- 200 nice & steady f/s
- 600 fins 3x (50 6/1/6 + 50 f/s + 50 popov + 50 f/s)
- 200 pull buoy with good body roll

Main:

- 9x 200 @ CSS pace + 5s / 100 + 25s recovery or 1 beep

Warm down:

- 200 easy choice
-

Session difficulty 3/5 Total distance 3000