SESSION #25
TECHNIQUE SWIM

Warm up:
- 600 steady

Then:
- 8x 50 as 25 scull #1 + 25 f/s

Main:
- 300 f/s loose and easy + 20s
- 6x 100 fins ↑6/3/6 or popov ↓ f/s + 10s
- 8x 50 f/s feeling smooth + 10s

Lastly:
- 4x 150 +15s:
  - 1&3) 50 pull + 50 kick + 50 f/s
  - 2&4) 50 f/s + 50 kick + 50 pull

Session difficulty 3/5 Total distance 2900