SESSION #26
LONG SWIM

Warm up:

- 200 easy f/s
- 4x 50 fins ↑6/3/6 ↓ f/s + 10s

Main:

- 3x 800 @CSS pace + 10 sec / 100 + 45s recovery or 2 beeps

Warm down:

- 200 easy choice

Session difficulty 3/5 Total distance 3300