SESSION #27
FRESH & FRUITY PACE SET

Warm up:

- 400 steady f/s

Kick:

- 8x 50 kick with fins - no more than 75% effort:
  - 1) On left side superman position
  - 2) On right side superman position
  - 3) On front torpedo position
  - 4) On back torpedo position

Main:

4x;

- 5x 100 @CSS pace +30s
- Set 1: + 20s recovery
- Set 2: + 15s recovery
- Set 3: + 10s recovery
- Set 4: + 5s recovery

No extra recovery between sets!

Warm down:

- 300 very easy choice

Session difficulty 4/5 Total distance 3100