SESSION #28
TECHNIQUE SWIM

Warm up:

- 300 steady f/s

Main:

6x;

- 400 f/s +20s as
  - 1) fins alternate 50s: 6/3/6 & f/s
  - 2) simply smooth f/s
  - 3) alternate 50s: B3s & B5s
  - 4) f/s with deepwater turn at deep end (no push off from wall)
  - 5) pull buoy working on open water sighting every other 50
  - 6) fins as 50 popov, 50 f/s

Warm down:

- 300 easy choice

Session difficulty 3/5 Total distance 3000