SESSION #30
FRESH & FRUITY PACE SET

Warm up:
- 600 steady f/s every 4th lap backstroke

Drill:
- 100 fins ↑corpse kick ↓f/s +10s
- 200 pull buoy
- 100 fins ↑6/3/6 ↓f/s +10s

Main:
- 2x 400 + 40”
- 2x 150 + 20”
- 3x 100 + 15”
- 4x 75 + 10”
- 6x 50 + 5”

Warm down:
- 200 easy pull buoy

Session difficulty 5/5 Total distance 3100