SESSION #31
TAPER SESSION 1

Warm up:

- 200 f/s
- 200 ↑6/1/6 ↓f/s
- 100 f/s easy

Drill:

- 2x (8x 50+10s)
- ↑Drill ↓ 25 fast + 25 easy
    - Set 1 Fins - choice of body roll drills (e.g. 6/1/6, 6/3/6, popov)
    - Set 2 Pull - choice of catch drills (e.g. scull #1, doggy paddle)

Main:

- 5x 200 @CSS + 4s / 100m +30s

Session difficulty 5/5 Total distance 2300