SESSION #4
TECHNIQUE SWIM

Warm up:

- 200 easy f/s
- 200 pull buoy - good roll
- 200 fins torpedo kick without kickboard
- 200 f/s

Build
10x;

- 50 + 10s as alternating:
  - 25 steady + 25 fast
  - 25 fast + 25 steady

Main:

- 300 fins ↑corpse kick ↓f/s +30s
- 300 pull buoy & paddles if you have them, steady pace + 30s
- 300 f/s at CSS pace - hold 'smooth' stroke +30s
- 300 pull buoy no paddles - work on good body rotation +30s
- 300 fins ↑popov ↓f/s + 30s

Warm down:

- 200 easy choice

Session difficulty 3/5
Total distance 3000