SESSION #6
FRESH & FRUITY PACE SET

Warm up:
2x;
- 200 easy as 150 f/s + 50 back
- 2x100 fins ↑6/3/6 ↓f/s
- 4x 50 as 15 scull#1 +35 f/s

Main:
Complete two of each set below as : 1 + 2 + 1 + 2 + 1 + 2
Take 30s extra rest between sets

Set 1;
- 150 f/s fast + 10s
- 100 f/s long & easy +10s
- 50 f/s fast + 10s

Set 2;
- 150 f/s pull steady + 10s
- 100 f/s fast +10s
- 50 f/s pull steady + 10s

Warm down:
- 100 easy choice

Session difficulty 4/5
Total distance 3100