SESSION #7
TECHNIQUE SWIM

Main:
3x;

- 300 steady f/s + 20s - Working on Relaxed arm recovery over the water
- 300 fins ↑choice drill ↓f/s + 20s - choose a drill focused on an area of your stroke you need to work on. If unsure, perform the unco drill.
- 300 pill buoy + paddle if you have them + 20s - work on good body roll
- 100 backstroke (or just easy f/s or leg kick) + 20s
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Session difficulty_
3/5 Total distance 3000