




Arm Recovery/Tempo
0:55:00
1650 m
 Warm Up:
 200 Swim
 200 Pull


Technique Set:
 6x75 Pull
 Relax your arms over the water with yo...



Hand Entry/Base
0:55:00
1700 m
 Warm Up:
 2x
 (100 Swim
 100 Pull)

Technique Set:
 3x100 Swim - 6-7/10 Effort
 Swim in slow mo...



Arm Recovery/Hand Entry/Tempo
1:00:00
1900 m
 Warm Up:
 300 Swim
 200 Pull

Technique Set:
 12x50 Pull - 5/10 Effort
 Relaxed arms over the w...



Total Duration 2:50 00:00

Swim Duration 2:50 00:00

Swim Distance 5250 0.00 m

Training Stress Score **0** TSS