





 

**Arm Recovery/Tempo**  
**0:55:00**  
**2500 m**

Warm Up:  
 100 Choice  
 200 Swim  
 300 Pull

Technique Set:  
 12x75 Pull  
 Relax your arms over the ...




**Hand Entry/Base**  
**1:00:00**  
**2700 m**

Warm Up:  
 2x  
 (100 Swim  
 100 Pull)

Technique Set:  
 3x200 Swim - 5/10 Effort  
 Swim in slow moti...



**Arm Recovery/Hand Entry/Tempo**  
**1:00:00**  
**2900 m**

Warm Up:  
 300 Swim  
 200 Pull

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



<b>Total Duration</b>	2:55 <b>00:00</b>
<b>Swim Duration</b>	2:55 <b>00:00</b>
<b>Swim Distance</b>	8100 <b>0.00 m</b>

Training Stress Score **0** TSS