







Week 5	Day 29	30	31	32	33	34	35			
	 <p>Arm Recovery/Tempo 1:00:00 2250 m Warm Up: 200 Swim 300 Pull</p> <p>Technique Set: 10x75 Pull Relax your arms over the water with y...</p> 		 <p>Hand Entry/Base 1:00:00 2200 m Warm Up: 2x (100 Swim 100 Pull)</p> <p>Technique Set: 3x200 Swim - 5/10 Effort Swim in slow moti...</p> 		 <p>Arm Recovery/Hand Entry/Tempo 1:00:00 2500 m Warm Up: 300 Swim 200 Pull</p> <p>Technique Set: 12x50 Pull - 5/10 Effort Relaxed arms over the w...</p> 				<div style="text-align: center;">+</div>	<p>Total Duration 3:00 00:00</p> <hr/> <p>Swim Duration 3:00 00:00</p> <hr/> <p>Swim Distance 6950 0.00 m</p> <hr/> <p>Training Stress Score 0 TSS</p>