11.04.2017

Lane 1

600 warm up

4x50 R5

5x300 drill/ CSS-3

Total:2.3km

Lane 2

600 warm up

4x50 R5

5x300 drill/ CSS-3

Total:2.3km

Lane 1

500 warm up

4x50 R5

3x300

2x200 drill/ CSS-3

Total:2km

13.04.2017

HOW MUCH CAN YOU SWIM?