12.01.2016

Lane 1

200 warm up: 100FC, 50 top to bottom scull, 50 catch up

6x200 breathing control R20

4x100 lateral kick R10

7x100 FC on 2’

200 swim down

Total: 2,7km

Lane 2

200 warm up: 100FC, 50 top to bottom scull, 50 catch up

6x200 breathing control R20

4x100 lateral kick R10

6x100 FC on 2’10

200 swim down

Total: 2,6km

Lane 3

200 warm up: 100FC, 50 top to bottom scull, 50 catch up

6x200 breathing control R20

3x100 lateral kick R10

4x100 FC on 2’30

200 swim down

Total: 2,3km