14.03.2017

Lane 1

600 warm up

6x300 R30

100 swim down

Total:2,5km

Lane 2

500 warm up

6x300 R30

100 swim down

Total:2,4km

Lane 3

400 warm up

5x300 R30

100 swim down

Total:2km

16.03.2017

PLEASE CHECK YOUR TIMES FOR CSS+8 AND CSS+6

IF USING TEMPO TRAINER SET TO 25m PACING

Lane1

600 warm up

5x400 CSS+8/6 breathing control

100 swim down

Total:2,7km

Lane2

600 warm up

3x400 CSS+8 breathing control

2x300 CSS+6

100 swim down

Total:2,5km

Lane3

500 warm up

3x400 CSS+8 breathing control

1x300 CSS+6

200 swim down

Total:2,2km