14.02.2017

LANE 1

200 FC

200 broken arrow

300 12/3, 9/3, 6/3

6x50 as 25fast/25easy

3x4x100 FC R15

200 swim down

Total: 2,4km

LANE 2

200 FC

200 broken arrow

200 12/3, 9/3

6x50 as 25fast/25easy

3x4x100 FC R15

200 swim down

Total: 2,3km

LANE 3

200 FC

200 broken arrow

300 12/3, 9/3, 6/3

6x50 as 25fast/25easy

2x4x100 FC R15

200 swim down

Total: 2km

16.02.2016

LANE 1

200 FC warm up

200 pull

300 pull paddles

400 negative split

500 breathing control

400 pull paddles

300 pull

200 negative split

200 swim down

Total: 2.7km

LANE 2

200 FC warm up

200 pull

300 pull paddles

400 negative split

400 breathing control

400 pull paddles

300 pull

200 negative split

200 swim down

Total: 2.6km

LANE 3

200 FC warm up

200 pull

300 pull paddles

300 negative split

300 breathing control

300 pull paddles

300 pull

200 negative split

200 swim down

Total: 2.3m