Senior groups

Wed Mar 25 '20 - 8:00 am 25 Yards

Default interval: 2:00 per 100

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Warm up:

- 2x
  - 1 x 300 swim
  - 1 x 200 pull
  - 1 x 100 RIM

Pre-set:

- 1x
  - 10 x 100 on 1:30
  - Odds = free
  - Evens = IM

Main set:

- 4x
  - 1 x 200 aerobic free on 3:00
  - 4 x 50 at two hundred pace on 1:00
  - 1 x 100 fast on 5:00

1 x 100 easy