

A6

Aer -h (Pas 7) | A6 Senior
Sat Jan 25 '20 - 6:00 am 25 Meters
Default interval: 2:00 per 100

Opvarmning

- 1 x 200 choice
- 1 x 200 kick choice
- 4 x 100cr pull

Aerob lang Crawl + teknisk speciale

- 3 x
 - 3 x 200cr @:2:30-3:00 pink (Raceplan fokus)
 - 2 x 50 spec med chihuhua @:45 Red
 - 3 x 100 (75 cr 25 spec) @1:20 - 1:40 (Raceplan fokus)
 - 1 x 400 cr m/zoomers + fp @ 5:40
 - 1 x 100 cr ml lm ll mm @2:10

Speciale

- 12 x 50 spec @1:00 (3 tek pink, 1 blå, 2 tek pink, 2 blå, 1 tek pink, 3 blå)

Udsvømning

- 400vf glid