

Thursday 2 April, 2020

Form -7
 Fatigue 46
 Fitness 37

dryland - endurance + core #4

0:21:00
 -- m
 12 TSS



	Planned	Completed		Description
Duration	0:21:00		h:m:s	Complete 3 sets:
Distance			m	
Average Pace			sec/100m	Resistance cord swim pulls:
Calories			kcal	1 min easy spinte basse
TSS	12		TSS	30" hard spinte alte
IF	0.70		IF	30" hard delfino
				2 min easy single arm
				30" hard spinte alte
				30" hard delfino
				Core strength:
				30 sec flutter kicks (gambe dorso)
				30 sec plank lateral dinamico dx e sn
				30" lateral glutei dx sn
				30" plank dinamico prono

Min Avg Max

Heart Rate | | bpm

Pre-activity comments

See video here: <https://youtu.be/9eTtSFLKdm8>

HINT: To help with mental and muscular fatigue, try mixing up an interval with half-strokes (focusing on high elbow), 2-arm strokes (like you would paddle on a surf board), and single-arm strokes (just like swimming freestyle!)

Post-activity comments

Tags