

Tuesday 24 March, 2020

Form -8  
 Fatigue 41  
 Fitness 36

dryland - endurance + core #1

0:32:00  
 -- m  
 18 TSS



	Planned	Completed	
Duration	0:32:00		h:m:s
Distance			m
Average Pace			sec/100m
Calories			kcal
TSS	18		TSS
IF	0.70		IF

**Description**

Resistance cord swim pulls  
 1 min easy, 30" hard, 30" rest  
 2 min easy, 30" hard, 30" rest  
 3 min easy, 30" hard, 30" rest  
 4 min easy, 30" hard, 30" rest  
 5 min easy, 30" hard, 30" rest

Core set  
 Complete 3 sets:

30 sec flutter kicks (distesi gambe dorso senza toccare a terra i piedi)  
 10x push-ups (piegamenti braccia)  
 10x each side bird dog  
<https://www.youtube.com/watch?v=k2azbhhuKuM>  
 30-sec high-to-low planks (plank dinamico)

	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**