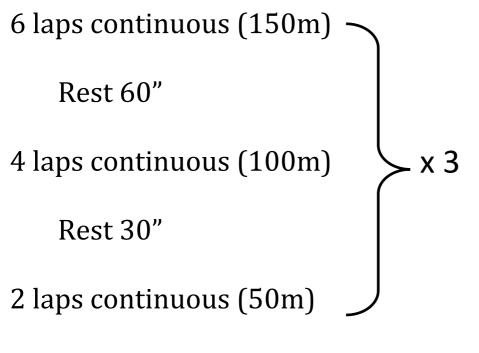
## **Easy Swim Conditioning**

Warm Up – 50m freestyle

## Conditioning



Rest 90"

Cool Down – 50m freestyle

Total Volume = 1000m

