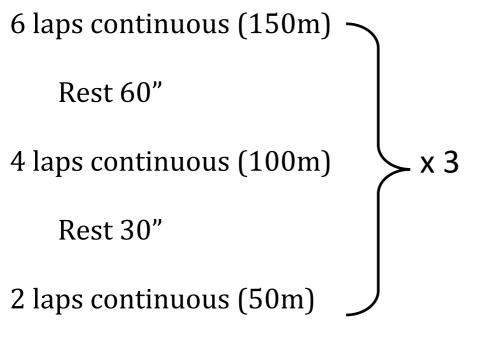
Easy Swim Conditioning

Warm Up – 50m freestyle

Conditioning



Rest 90"

Cool Down – 50m freestyle

Total Volume = 1000m

