

dryland - endurance + core #3

0:32:00
-- m
18 TSS



	Planned	Completed		Description
Duration	0:32:00		h:m:s	Resistance cord swim pulls
Distance			m	
Average Pace			sec/100m	3 min easy, 1 min hard 2 min easy, 2 min hard
Calories			kcal	1 min easy, 3 min hard
TSS	18		TSS	3 min easy, 1 min hard 1 min easy, 3 min hard
IF	0.70		IF	
	Min	Avg	Max	Core set Complete 3 sets:
Heart Rate			bpm	30 sec flutter kicks (piedi dorso) 10x dolphin plank (plank delfino https://www.youtube.com/watch?v=EuDN9-EM-x8) 10x dead bug https://www.youtube.com/watch?v=I5xbsA71v1A 10x Russian twist https://www.youtube.com/watch?v=wkD8rjkodUI

Pre-activity comments

See video here for resistance cord pulls: <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!)

Tags