Thursday 2 April, 2020

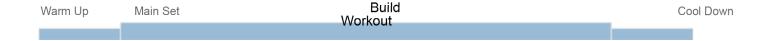
Form -7 Fatigue 46 Fitness 37

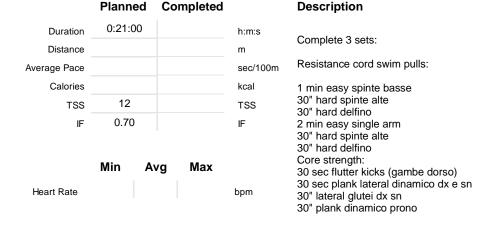
dryland - endurance + core #4

0:21:00

-- m

12 TSS





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

1 di 1