Workout 3

3x
- 100 fs
- 2x50 kick choice
- 100 fins choice

8x (20 secs easy + 20 secs hard) vertical dolphin NO FINS

16x50 u/w dolphin + fs tech
- 4x no fins
- 4x fins
- 4x no fins
- 4x rubber monofin

Fins on:

8x (20 secs easy + 20 secs hard) vertical dolphin

3x (fins - fins+paddles - monofin)
- 200 easy
- 100 medium
- 50 sprint
- 50 recovery

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