Instructor:    Day & Time:	Shallow disse.	2. Stride entract	3. Compare:	4. Legs-only,	5. Back somers.	Swim undo::	Z Eggbeater 15-10 m to recover onion	8. Breasternal	9. Front Grand S	9. Back craws	чт 50-100 m Неад-ил. с	14 Interval from crawl 10-15 m	12 Sprint (75 En 17 Som front or back cr	13. Workout 300	14. Water Smart	i Messages						,
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