

Butterfly Workout #7

Warm up

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| 4 x 75s Free, back, kick. | Rest :30 sec |
| 4 x 25s double arm backstroke. | Rest :10 sec |
| 3 x 50s Butterfly/backstroke | Rest :15 sec |

Technique set:

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| 4 x :10s vertical kick. | Rest :20 sec |
| 4 x 25s sculling | Rest :20 sec |

Main set:

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| 4 x (2 x 50s Fast Fly + 1 x 50s Breast easy) | Rest :25 sec |
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Warm down:

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| 4 x 50s easy free | Rest :20 Sec |
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Total 1,450