

PeterJ | Peter Jönsson
Tue Jan 05 '16 - 11:55 am - 25 Meters

Workout sets

Insim

100 50 rygg dubbel / 50 frisim rec

4x50 frisim ben platta z2

2x50 frisim 15m polo/10 frisim z2 tek

Serie

5x

3x100 frisim arm z1 1:55 @1:35

2x50 frisim arm z4 1:00 @45

1x300 frisim z1 3/5T, byt50 vila 20

PeterJ stats

3900 Meters 1 hr and 13 min