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Minjie Lin

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 one example of a usrpt set is 50 x 25s
 with a target time of 12 5 on a 30
 second interval this set is not designed
 for the swimmer to complete all 50
 repetitions after the body adjusts to the
 set about 5 repetitions if the swimmer
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 sessions per week emphasizing fun and
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web two example sets are 112 x 25 fs at
 200 pace on 30 seconds and within the
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 intervals and then log it for free warm
 up 1 x 200 freestyle 8 x 25 kick optional
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 freestyle 1 x 50 freestyle cool down 6 x
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 usrpt is about doing the absolute
 minimum possible that will take away
 from performing on the main set a
 shorter warmup and relatively light pre
 set allows for this golf is the method of
 counting the number of strokes you
 take in a length plus the time

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