

 <div style="text-align: center;">MASQ TRAINING</div> 	
SWIMMING	NOTES
20-30 minutes continuous, at talking pace alternate new stroke every 25m	
Stroke rotation: kick w/ board, back stroke, front stroke, side stroke (l), side stroke (r), breath stroke, front crawl	
 <div style="text-align: center;"> https://www.masqtraining.com/ </div> 