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web two example sets are 112×25 fs at 200 pace on 30 seconds and within the usrpt set failed and recovery repetitions do not contribute to the total yardage at race pace but successful repetitions after a failed and recovery repetition do silverman 1996 summarized very useful guidelines for developing skilled behaviors within

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web apr 27 2017 it begins with a warm up and includes preparation to race prior to the main usrpt set the session focuses on the 50 frontcrawl event it begins with a warm up and includes preparation to race prior to the main usrpt set example 50m fc race time 28.5 seconds 15m pace time 28.5 10 2.85 per 5m 15m pace time 2.85 x 3.8 55

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life stressors influence a swimmer s ability during training thus the inclusion of ar within