



**HAPPY ART THOU, O.
ISIRREAL, 3329:**

**WHO IS BE LIKE ITO THO THEE;
THE SPEOPLE SAVED D THE LORD;
AND THE SHIED OF H YA LOD HELP;
WHO SSHALL BE TO THY HOREE;
AND THOU E ENEMIES LILA THE
OR OS THEY SWAR UNTO TOUF THE!**

**AND THOU ATT TREAD
UPON THEIR PACES**

UPON THEIMD THEIR HIGH PLACE:

Thou Israel

M Carnoy



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web followed when building the content of sets and the practice the steps outlined below are appropriate for the sets and how those sets fit into the total time frame of a training session will be suggested four usrpt sets for four sessions and two sets per session for the remainder if the swimmers are judged to be adapting well increase

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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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