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# Cranberry Connection

**Raffaela Di Napoli**



## **Cranberry Connection:**

## **Cranberry Connection** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Cranberry Connection**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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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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in usrpt sets before extreme neural fatigue begins to crossover into the next fatigue stage the criteria to terminate  
participation in the set would have been reached therefore the criteria for failure are usrpt s

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goal race pace or faster this means no partial swimming no drills kicking or any of that technique focused work if you don t  
do in a race you don t do it in training you re only allowed to swim at race pace

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web usrpt workout 3 sets broken im dryland 1x 1 x 1 stretching 10min warm up 1x 1 x 200 freestyle 2 00 rest after set 1x 15  
x 50 im 25 back 25 breast race 200 pace target time 1 4 of your fastest 200 im pace 2 00 0 30 25 back 25 breast race 200  
pace target time 1 4 of your fastest 200 im pace

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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 swims 13 0 seconds on a repetition it is considered a failure

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web usrpt set per session 9 years four sessions per week emphasizing fun and technique two usrpt sets for two sessions and one for each of the other two sessions 10 years five sessions per week emphasizing skills technique and fun two usrpt sets for two sessions and one for each of the other three sessions

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web two example sets are 112 x 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 jan 23 2020 type in the sets and intervals and then log it for free warm up 1 x 200 freestyle 8 x 25 kick optional try to keep your full body underwater as you kick breathing every few seconds main set 3x times 4 x 25 freestyle 1 x 50 freestyle cool down 6 x 25 freestyle related 4 week usrpt training plan

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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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crawl stroke

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