



PROJECT PROPOSAL NAME (NEXT WILL BE)

"ROLE OF WOMEN OF RAJOURI DISTRICT OF JAMMU & KASHMIR TOWARDS ENVIRONMENTAL PROTECTION"

Name of:

NAME (YOURself)

EXPERIMENT NO.

Project Code No.

NAME

Name of:



IGNOU  
National Council of Educational Research and Training  
Maidan Garden, New Delhi - 110 047



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**SYNOPSIS**  
**OR**  
**PROJECT PROPOSAL**

# Proposal Synopsis Ignou Project

**J Spring**



## **Proposal Synopsis Ignou Project:**

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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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