

Saturday, November 30, 2024

300 swim – 200 kick – 300 pull

4 x 50 Scull/build by 25s

10" rest

	Gold	Silver	Bronze	Iron
75 Free: smooth 25 Non-free: Fast!	9 x 100 @ 1:40	8 x 100 @ 1:50	7 x 100 @ 2:00	5 x 100 20" rest
<i>Total yards</i>	<i>1900</i>	<i>1800</i>	<i>1700</i>	<i>1500</i>

100 easy

	Gold	Silver	Bronze	Iron
Kick – 25 mod / 25 fast	300	250	200	200
<i>Total yards</i>	<i>2300</i>	<i>2150</i>	<i>2000</i>	<i>1800</i>

	Gold	Silver	Bronze	Iron
25 Non-free: Fast! 50 Free: Smooth	8 x 75 @ 1:40	8 x 75 @ 1:20	6 x 75 @ 1:30	4 x 75 20" rest
<i>Total yards</i>	<i>2900</i>	<i>2750</i>	<i>2450</i>	<i>2100</i>

100 easy

<i>Total yards</i>	<i>3000</i>	<i>2850</i>	<i>2550</i>	<i>2200</i>
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