Saturday, March 15, 2025

300 swim – 200 kick – 300 pull

4 x 50	25 one arm fly / 25 build free Focus on two kicks: kick in; kick out	10" rest

		Gold	Silver	Bronze	Iron
Repeat 2x 1: Swim 2: Pull	Focus on turns and streamlines	300	250	200	150
	Descend Fast last one!	5 x 100 @ 1:25	4 x 100 @ 1:35	4 x 100 @ 1:45	3 x 100 @ 15"
	Total yards	*2600*	*2300*	*2200*	*1900*

50 easy

Fly!	Gold	Silver	Bronze	Iron
Dolphin kick	100	100	100	50
Fly drills	4 x 25	4 x 25	4 x 25	4 x 25
(1) Single arm alternate (2) 4 kicks – 1 pull	(3) left-right-both (4) full stroke			
Full stroke Take all the rest you want	4 x 25	4 x 25	4 x 25	4 x 25
Choice of stroke odds: fast (from a dive?) evens: easy	6 x 25 @ :30	6 x 25 @ :35	4 x 25 @ :40	4 x 25 10" rest
Total yards	*3100*	*2800*	*2650*	*2300*

100 easy

Total yards	*3200*	*2900*	*2750*	*2400*

Upcoming: COMSA State Meet April 4 - 6, 2025
@ VMAC in Thornton

www.locoswimming.org