



Saturday, December 17, 2022



300 swim – 200 kick – 300 pull

4 x 50 25 scull / 25 build

10" rest

	Over Achievers	Gold	Silver	Bronze	Iron
Swim – Pick up every 4th 25	500	500	500	500	500

	Over Achievers	Gold	Silver	Bronze	Iron
Repeat the series:	8x	3x	2x	1x	
Breathe 2-3-4-5 by 25s	200	200	200	200	200
2nd & 4th 25s stroke	125	125	125	125	125
25 drill / 25 swim	100	100	100	100	100
Middle 25 stroke	75	75	75	75	75
Kick	25	25	25	25	25
Fast	25	25	25	25	25
Total yards	5900	3150	2600	2100	

100 easy

Total yards	6000	3250	2700	2200
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Each series is 550 yards

Yards for other repeat counts:

4x 3700

5x 4250

6x 4800

7x 5350