



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 4 th 25	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
2 nd & 4 th 25s stroke	125	125	125	125
25 drill / 25 swim	100	100	100	100
Middle 25 stroke	75	75	75	75
Kick	25	25	25	25
Fast	25	25	25	25
<i>Total yards</i>	<i>5900</i>	<i>3150</i>	<i>2600</i>	<i>2100</i>

100 easy

<i>Total yards</i>	<i>6000</i>	<i>3250</i>	<i>2700</i>	<i>2200</i>
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Each series is 550 yards

Yards for other repeat counts:

4x 3700

5x 4250

6x 4800

7x 5350