

Wednesday, December 11, 2024

300 swim – 200 kick – 300 pull

4 x 50	Drill/build by 25s Odds: fist Evens: Catch-up	10" rest
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	Gold	Silver	Bronze	Iron
Repeat:	5x	4x	3x	3x
Smooth – swim or pull	250 @ 3:20	250 @ 4:00	250 @ 4:20	200 @ 4:20
Choice stroke - Fast finish!	2 x 25 @ :30	2 x 25 @ :35	2 x 25 @ :40	2 x 25 @ :45
Total yards	2500	2200	1900	1750

50 easy

Kick	Gold	Silver	Bronze	Iron
Mod/fast by 25s	300	250	200	150

Choice of stroke	Gold	Silver	Bronze	Iron
1 - build	4 x	3 x	3 x	2 x
2, 3 – fast	4 x 25	4 x 25	4 x 25	4 x 25
4 - easy	@ :25	@ :30	@ :30-:35	10" rest
	30" break between sets of 4			
Total yards	3250	2800	2450	2150

50 easy

Total yards	3300	2850	2500	2200
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