Saturday, March 8, 2025

300 swim – 200 kick – 300 pull

Starting around 7:20:

4 to 8 widths	Breaststroke widths – go under ropes One pull/kick per lane	5 - 10” rest

Repeat 3 times:		Gold	Silver	Bronze	Iron
1: Swim 2: Pull 3: Swim	Smooth	250 @ 3:30	200 @ 3:10	200 @ 3:20	150 20” rest
	Breathe every 2, 3, 4, 5 strokes by 25s	2 x 100 @ 1:20	100 @ 1:35	100 @ 1:40	100 20” rest
	Fast!	2 x 50 @ :50	2 x 50 @ :55	2 x 50 @ 1:00	1 x 50
	Total yards	*2650*	*2200*	*2200*	*1900*

50 easy

Breast stroke!	Gold	Silver	Bronze	Iron
Breast stroke kick	100	100	100	50
Breast stroke drills	4 x 25	4 x 25	4 x 25	4 x 25
(1) w/ flutter kick (2) w/ dolphin kick -- Keep pull small & quick --	(3) alternate dolphin/whip kick (4) all whip kick No pause under chin! --			
Breast stroke – full stroke	4 x 25	4 x 25	4 x 25	4 x 25

	Gold	Silver	Bronze	Iron
Choice of stroke odds: smooth evens: fast	6 x 25 @ :30	6 x 25 @ :35	4 x 25 @ :40	4 x 25 10” rest
Total yards	*3150*	*2700*	*2650*	*2300*

50 easy

Total yards	*3200*	*2750*	*2700*	*2350*