

Saturday, February 17, 2024

300 swim – 200 kick – 300 pull

8 x 25	IM order	10" rest
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3rd person sendoff (about 10" rest) Keep moving!

		Gold	Silver	Bronze	Iron
Repeat the series		5 x	5 x	4 x	4 x
1: swim 2: pull 3: non-free 4: swim 5: pull	Negative split	150	100	100	100
	Focus on form	75	75	75	50
	Build	75	75	75	50
	FAST!	50	50	50	25
	EZ	50	50	50	25
<i>Total yards</i>		3000	2750	2400	2000

50 easy

	Gold	Silver	Bronze	Iron
Stroke or 25 stroke/25 free	6 x 50 @ :50	6 x 50 @ :55	6 x 50 @ 1:00	4 x 50 10" rest

50 easy

<i>Total yards</i>	3400	3150	2800	2300
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