Wednesday, July 31, 2024

300 swim – 200 kick – 300 pull

4 x 50	**25 scull / 25 build to fast**	**10” rest**

Repeat sequence 3 times: ***1: Swim 2: Pull 3: Swim***

	Gold	Silver	Bronze	Iron
Focus on turns and streamlines	**3 x 100 10” rest**	**2 x 100 10” rest**	**2 x 100 10” rest**	**2 x 100 10” rest**
Negative split	**200 45” rest**	**200 45” rest**	**200 45” rest**	**100 30” rest**
Sort of fast Choice of stroke	**4 x 25 10” rest @ :30**	**4 x 25 10” rest @ :35**	**4 x 25 10” rest @ :40**	**2 x 25 10” rest**
Faster! Choice of stroke	**4 x 25 20” rest @ :40**	**4 x 25 20” rest @ :45**	**2 x 25 20” rest @ :50**	**2 x 25 20” rest**
Total meters	***3100***	***2800***	***2650***	***2200***

100	***easy***

Total meters	***3200***	***2900***	***2750***	***2300***