

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 |
| <i>Total meters</i> | <i>3100</i> | <i>2800</i> | <i>2650</i> | <i>2200</i> |

100 easy

| | | | | |
|---------------------|-------------|-------------|-------------|-------------|
| <i>Total meters</i> | <i>3200</i> | <i>2900</i> | <i>2750</i> | <i>2300</i> |
|---------------------|-------------|-------------|-------------|-------------|