

Saturday, July 27, 2024

300 swim – 200 kick – 300 pull

8 x 25	Odds: Over-emphasize	10" rest
	shoulder rotation (keep	
	bellybutton facing bottom)	
Evens: build		

Repeat series 2x	Gold	Silver	Bronze	Iron
Descend	4 x 50 @ :45 10" rest	4 x 50 @ :55 10" rest	3 x 50 @ 1:00 10" rest	2 x 50 10" rest
Negative split	300 30" rest	250 30" rest	200 30" rest	150 30" rest
Fast	3 x 50 @ :50 15" rest	3 x 50 @ 1:00 15" rest	3 x 50 @ 1:05 15" rest	2 x 50 15" rest
Ez	50	50	50	50
<i>Total meters</i>	<i>2400</i>	<i>2300</i>	<i>2100</i>	<i>1800</i>

Backstroke	Gold	Silver	Bronze	Iron
1: R only 2: L only 3: spin. 4: swim	8 x 25	4 x 25	4 x 25	4 x 25
Kick on back	200	200	150	100
odds: fast back evens: ez free	4 x 25	4 x 25	4 x 25	4 x 25

100 easy

<i>Total meters</i>	<i>3000</i>	<i>2800</i>	<i>2550</i>	<i>2200</i>
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