

Thursday, July 25, 2024

300 swim – 200 kick – 300 pull

8 x 25 Odds: over-emphasize
shoulder rotation 10" rest
Evens: build

Do the series 2x: First time swim; second time pull

	Gold	Silver	Bronze	Iron
Descend	4 x 50 @ :45	4 x 50 @ :55	3 x 50 @ 1:00	2 x 50 15" rest
Negative split	300 30" rest	250 30" rest	200 30" rest	150 30" rest
Fast	3 x 50 @ :45	3 x 50 @ :55	3 x 50 @ 1:00	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>

	Gold	Silver	Bronze	Iron
fly	1: R only 3: RLB 2: L only 4: RLBB	8 x 25	4 x 25	4 x 25
	dolphin kick	200	200	150
	odds: fly evens: ez free	4 x 25	4 x 25	4 x 25

100 easy

Total meters 3000 2800 2550 2200