

Wednesday, July 17, 2024

300 swim – 200 kick – 300 pull

4 x 50 Porpoise the shallow end 10" rest

Repeat sequence 3 times  
**1: Swim**  
**2: Pull**  
**3: Stroke/free by 25s on long swim**

	Gold	Silver	Bronze	Iron
Focus on turns and streamlines	400 @ 6:00 or 20" rest	300 @ 5:00 or 20" rest	300 @ 5:30 or 20" rest	200 20" rest
Fast!	8 x 25 @ :30 Or 10" rest	8 x 25 @ :35 Or 10" rest	6 x 25 @ :40 or 10" rest	4 x 25 10" rest
Easy	50	50	50	50
<i>Total meters</i>	2950	2650	2500	2050

100 easy

<i>Total meters</i>	3050	2750	2600	2150
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