

Wednesday, December 21, 2022

300 swim – 200 kick – 300 pull

4 X 50	25 dolphin kick on back / 25 build free	10" rest
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	Gold	Silver	Bronze	Iron
Negative split Swim or pull	2 x 300 @ 4:00	2 x 250 @ 3:50	2 x 200 @ 3:30	2 x 200 20" rest
<i>Total yards</i>	<i>1600</i>	<i>1500</i>	<i>1400</i>	<i>1400</i>

Choice of stroke	Gold	Silver	Bronze	Iron
- Odds: build	16 x 25	16 x 25	14 x 25	8 x 25
- Evens: fast	@ :25 or :30	@ :30	@ :30 or 35	@ :40
<i>Total yards</i>	<i>2000</i>	<i>1900</i>	<i>1750</i>	<i>1600</i>

50 easy

	Gold	Silver	Bronze	Iron
Negative split Swim or pull	2 x 300 @ 4:00	1 x 250 @ 3:50	1 x 200 @ 3:30	1 x 200 20" rest
<i>Total yards</i>	<i>2650</i>	<i>2200</i>	<i>2000</i>	<i>1900</i>

50 easy

Choice of stroke	Gold	Silver	Bronze	Iron
- Odds: build	16 x 25	16 x 25	14 x 25	8 x 25
- Evens: fast	@ :25 or :30	@ :30	@ :30 or 35	@ :40

100 easy

<i>Total yards</i>	<i>3200</i>	<i>2750</i>	<i>2500</i>	<i>2200</i>
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