

Wednesday, September 13, 2023

300 swim – 200 kick – 300 pull

4 x 50 25 breaststroke kick / 25 free 10" rest
Kick on back; lift heels to hands

	Gold	Silver	Bronze	Iron
<i>Repeat the series...</i>	4 x	4 x	4 x	3 x
Steady effort	250 @ 3:30	200 @ 3:15	150 @ 2:45	150 20" rest
Fast	4 x 25 @ :30	4 x 25 @ :30	4 x 25 @ :30/:35	4 x 25 @ :40
<i>Total yards</i>	2400	2200	2000	1750

50 easy

	Gold	Silver	Bronze	Iron
Kick - 25 mod / 25 fast	300	250	200	150
<i>Total yards</i>	2750	2500	2250	1950

	Gold	Silver	Bronze	Iron
IM or Stroke/free by 25s	5 x 100 @ 1:35	4 x 100 @ 1:50	3 x 100 @ 2:10	2 x 100 20" rest

100 easy

<i>Total yards</i>	3350	3000	2650	2250
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