

Saturday, June 10, 2022

300 swim – 200 kick – 300 pull

4 x 50	25 fly drill / 25 swim build Drill = 2R-2L-2Both fly	10" rest
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Some swim; some pull

	Gold	Silver	Bronze	Iron
1, 4: Alternate 25 ez / 25 build to fast	6 x 200 @ 3:00	5 x 200 @ 3:30	4 x 200 @ 4:00	2 x 200 20" rest
2, 5: Alternate 50 ez / 50 build to fast				
3, 6: 50 ez /100 fast /50 ez				
<i>Total meters</i>	<i>2200</i>	<i>2000</i>	<i>1800</i>	<i>1400</i>

Cheezy 100s -- "CH" = Choice - either FAST free or non-free

1, 5: 25 CH / 75 ez	8 x 100 @ 1:30	6 x 100 @ 1:45	6 x 100 @ 2:00	4 x 100 10" rest
2, 6: 25 ez / 25 CH / 50 ez				
3, 7: 50 ez / 25 CH / 25 ez				
4, 8: 75 ez / 25 CH				
<i>Total meters</i>	<i>3000</i>	<i>2600</i>	<i>2400</i>	<i>1800</i>

100 easy

<i>Total meters</i>	<i>3100</i>	<i>2700</i>	<i>2500</i>	<i>1900</i>
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