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

Some swim; some pull	Gold	Silver	Bronze	Iron
1, 4: Alternate 25 ez / 25 build to fast 2, 5: Alternate 50 ez / 50 build to fast 3, 6: 50 ez /100 fast /50 ez	6 x 200 @ 3:00	5 x 200 @ 3:30	4 x 200 @ 4:00	2 x 200 20” rest
Total meters	*2200*	*2000*	*1800*	*1400*

Cheezy 100s -- “CH” = Choice - either FAST free or non-free				
1, 5: 25 CH / 75 ez 2, 6: 25 ez / 25 CH / 50 ez 3, 7: 50 ez / 25 CH / 25 ez 4, 8: 75 ez / 25 CH	8 x 100 @ 1:30	6 x 100 @ 1:45	6 x 100 @ 2:00	4 x 100 10” rest
Total meters	*3000*	*2600*	*2400*	*1800*

100 easy

Total meters	*3100*	*2700*	*2500*	*1900*