

Monday, August 17, 2020

300 swim – 200 kick – 300 pull

4 x 50	25 kick / 25 build free	10" rest
Kick w/ 1 arm at side. Take a stroke to breathe - MINIMIZE ROTATION!		

Swim or pull

	Gold	Silver	Bronze	Iron
Repeat series:	3x	3x	3x	2x
Smooth	250	200	150	150
Build effort through set	4 x 50 @ :50	3 x 50 @ :55	3 x 50 @ 1:05	3 x 50 10" rest
Fast!	2 x 25 @ :25	2 x 25 @ :30	2 x 25 @ :35	2 x 25 10" rest
Total meters	2500	2200	2050	1700

50 easy

Kick Mod/fast by 25s	300	250	200	150
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Choice of stroke

	Gold	Silver	Bronze	Iron
Repeat series:	2x	2x	2x	2x
Smooth	50 10" rest	50 10" rest	50 10" rest	50 10" rest
Fast	2 x 25 10" rest	2 x 25 10" rest	2 x 25 10" rest	2 x 25 10" rest
Total meters	3050	2700	2500	2100

50 easy

Total meters	3100	2750	2550	2150
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