

Wednesday, March 30, 2022

300 swim – 200 kick – 300 pull

4 x 50 25 backstroke drill / 25 swim 10" rest
 Drill: 2 right / 1 left / 1 right / 2 left

		Gold	Silver	Bronze	Iron
		6 x 250	5 x 250	4 x 250	3 x 250
Broken 250s	25 free	Start on 3 rd person			
	50 – breast/free	Start on 3 rd person			
	75 – back/breast/free	Start on 3 rd person			
	100 IM	Start each 250 on next top or bottom			
Total yards		2500	2250	2000	1750

50 easy

		Gold	Silver	Bronze	Iron
Do half swim and half pull		6 x 100	5 x 100	5 x 100	3 x 100
Broken 100s	50 build	5" rest			
	25 fast!	5" rest			
	25 easy	Start on next top/side/bottom			
Total yards		3150	2800	2550	2100

50 easy

Total yards 3200 2850 2600 2150