

Wednesday, March 30, 2022

300 swim – 200 kick – 300 pull

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

		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			
<i>Total yards</i>		2500	2250	2000	1750



50 easy

		Gold	Silver	Bronze	Iron
		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			
<i>Total yards</i>		3150	2800	2550	2100

50 easy

<i>Total yards</i>	3200	2850	2600	2150
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