Wednesday, March 2, 2022

300 swim – 200 kick – 300 pull

8 x 25	**odd: 12½ under H_2O dolphin kick even: build to fast**	**10” rest**

	Gold	Silver	Bronze	Iron
Swim; build effort	**400**	**300**	**300**	**200**
2 x 50 FAST!	**@ :50**	**@ :55**	**@ 1:00**	**15” rest**
Pull; build effort	**400**	**300**	**300**	**200**
2 x 50 FAST!	**@ :50**	**@ :55**	**@ 1:00**	**15” rest**
Swim; build effort	**400**	**300**	**300**	**200**
2 x 50 FAST!	**@ :50**	**@ :55**	**@ 1:00**	**15” rest**
Total yards	***2500***	***2200***	***2200***	***1900***

50 easy

	Gold	Silver	Bronze	Iron
Kick – keep fast, quiet feet	**300**	**250**	**200**	**100**

	Gold	Silver	Bronze	Iron
50 smooth - 25 FAST Choice of stroke	**4 x 75 @ 1:10**	**4 x 75 @ 1:20**	**2 x 75 @ 1:30**	**2 x 75 20” rest**

100 easy

Total yards	***3250***	***2900***	***2700***	***2300***