

## Wednesday, March 2, 2022

**300 swim – 200 kick – 300 pull**

**8 x 25**    odd: 12½ underH<sub>2</sub>O dolphin kick    10" rest  
               even: build to fast

	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
<i>Total yards</i>	2500	2200	2200	1900

**50 easy**

	Gold	Silver	Bronze	Iron
<b>Kick – keep fast, quiet feet</b>	300	250	200	100

	Gold	Silver	Bronze	Iron
<b>50 smooth - 25 FAST</b>	4 x 75	4 x 75	2 x 75	2 x 75
<b>Choice of stroke</b>	@ 1:10	@ 1:20	@ 1:30	20" rest

**100 easy**

<i>Total yards</i>	3250	2900	2700	2300
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