

Friday, March 4, 2022

300 swim – 200 kick – 300 pull

4 x 50 25 single arm / 25 build 10" rest
"off" arm at side. Breathe on both sides

		Gold	Silver	Bronze	Iron
Swim or pull	Repeat the series....	4 x	3 x	3 x	2 x
	100 Drill / swim by 25s	1:30	1:45	2:00	15" rest
	100 Negative split	1:20	1:30	1:40	15" rest
	50 Fast!				
	50 easy				
Total yards		2200	1900	1900	1600



		Gold	Silver	Bronze	Iron
Stroke	Repeat the series....	3 x	3 x	2 x	2 x
	100 IM or 25 stroke/25 free	@ 1:40	@ 1:50	@ 2:00	15" rest
	100 Smooth free	@ 1:25	@ 1:35	@ 1:45	15" rest
	50 Fast! Choice stroke	@ 1:15	@ 1:15	@ 1:15	15" rest
	50 easy				
Total yards		3100	2800	2500	2200



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