

Friday, October 1, 2021

300 swim – 200 kick – 300 pull

8 x 25 IM order

10" rest

	Gold	Silver	Bronze	Iron
Swim	2 x 200 @ 2:40	2 x 200 @ 3:10	2 x 200 @ 3:30	1 x 200 20" rest
Pull	3 x 200 @ 2:40	2 x 200 @ 3:10	2 x 200 @ 3:30	1 x 200 20" rest
Swim	2 x 200 @ 2:40	2 x 200 @ 3:10	1 x 200 @ 3:30	1 x 200 20" rest
<i>Total yards</i>	<i>2400</i>	<i>2200</i>	<i>2000</i>	<i>1600</i>

50 easy

	Gold	Silver	Bronze	Iron
Stroke/free by 25s	300	300	200	200
<i>Total yards</i>	<i>2750</i>	<i>2550</i>	<i>2250</i>	<i>1850</i>

	Gold	Silver	Bronze	Iron
50 FAST / 25 Ez	8 x 75 @ 1:15	6 x 75 @ 1:30	6 x 75 @ 1:40	4 x 75 @ 2:00

Choice of stroke - Get your time on each 50

Take a 2 minute break ½ way through set

<i>Total yards</i>	<i>3350</i>	<i>3000</i>	<i>2700</i>	<i>2150</i>
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50 easy

<i>Total yards</i>	<i>3400</i>	<i>3050</i>	<i>2750</i>	<i>2200</i>
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