



Saturday, December 30, 2023



300 swim – 200 kick – 300 pull

4 x 50 25 scull / 25 build free 10" rest

	Gold	Silver	Bronze	Iron
Repeat the series <input type="checkbox"/>	3x	3x	3x	3x
I resolve to make my turns tight and fast	250	200	150	100
I resolve to breathe on both sides (breathe every 3 strokes or switch sides each 25)	100	100	100	100
I resolve to swim strokes other than free	100	100	50	50
I resolve to kick with quick feet (kick only)	100	100	100	50
I resolve to finish fast all the way to the wall	4 x 25	2 x 25	2 x 25	2 x 25
I resolve to relax when I can	50	50	50	50
<i>3rd person rest or 10-15"</i>				
<i>Total yards</i>	<i>3100</i>	<i>2800</i>	<i>2500</i>	<i>2200</i>

100 easy

<i>Total yards</i>	<i>3200</i>	<i>2900</i>	<i>2600</i>	<i>2300</i>
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