

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 □	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
3rd person rest or 10-15”				
Total yards	*3100*	*2800*	*2500*	*2200*

100 easy

Total yards	*3200*	*2900*	*2600*	*2300*