

Wednesday, February 1, 2023

300 swim – 200 kick – 300 pull

8 x 25 IM order 5 - 10" rest

		Gold	Silver	Bronze	Iron
Swim	Free – every 4 th 25 fast	400	300	200	200
	Choice of stroke Odd: Ez Even: Fast	8 x 25 @ :30	8 x 25 @ :30	8 x 25 @ :35	8 x 25 10" rest
Pull	Free – every 4 th 25 fast	400	300	200	200
	Free Odd: Ez Even: Fast	8 x 25 @ :30	8 x 25 @ :30	8 x 25 @ :35	8 x 25 10" rest
<i>Total yards</i>		2200	2000	1800	2200

50 easy

	Gold	Silver	Bronze	Iron
Kick 25 moderate / 25 fast	300	250	200	100

		Gold	Silver	Bronze	Iron
Swim	Free – every 4 th 25 fast	400	300	200	200
	Choice of stroke Odd: Ez Even: Fast	8 x 25 @ :30	8 x 25 @ :30	8 x 25 @ :35	8 x 25 10" rest
<i>Total yards</i>		3150	2800	2450	2200

50 easy

<i>Total yards</i>	3200	2850	2500	2600
--------------------	------	------	------	------