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 4th 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 4th 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
	Total yards	*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 4th 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
	Total yards	*3150*	*2800*	*2450*	*2200*

50 easy

Total yards	*3200*	*2850*	*2500*	*2600*

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