

## Wednesday, August 7, 2024

300 swim – 200 kick – 300 pull

4 x 50      Porpoise the shallow end      10" rest

		Gold	Silver	Bronze	Iron
<b><i>Repeat the series:</i></b>		<b>5 x</b>	<b>4 x</b>	<b>4 x</b>	<b>3 x</b>
	<b>Smooth 10" rest</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>50</b>
	<b>Strong effort</b>	<b>100</b>	<b>100</b>	<b>100</b>	<b>50</b>
	<b>Easy</b>	<b>25</b>	<b>25</b>	<b>25</b>	<b>25</b>
	<b>Fast 10" rest</b>	<b>2 x 25</b>	<b>2 x 25</b>	<b>2 x 25</b>	<b>2 x 25</b>
	<b>Easy</b>	<b>25</b>	<b>25</b>	<b>25</b>	<b>25</b>
<b><i>Total meters</i></b>		<b>2500</b>	<b>2200</b>	<b>2200</b>	<b>1600</b>

50 easy

		Gold	Silver	Bronze	Iron
<b>75 stroke or 50 stroke / 25 free</b>		<b>6 x 75 15" rest</b>	<b>6 x 75 15" rest</b>	<b>4 x 75 15" rest</b>	<b>4 x 75 15" rest</b>

50 easy

<b><i>Total meters</i></b>	<b>3050</b>	<b>2750</b>	<b>2600</b>	<b>2000</b>
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