Wednesday, August 7, 2024

300 swim – 200 kick – 300 pull

4 x 50 Porpoise the shallow end 10” rest

		Gold	Silver	Bronze	Iron
	Repeat the series:	**5 x**	**4 x**	**4 x**	**3 x**
	Smooth 10” rest	**100**	**100**	**100**	**50**
	Strong effort	**100**	**100**	**100**	**50**
	Easy	**25**	**25**	**25**	**25**
	Fast 10” rest	**2 x 25**	**2 x 25**	**2 x 25**	**2 x 25**
	Easy	**25**	**25**	**25**	**25**
	Total meters	***2500***	***2200***	***2200***	***1600***

50 easy

	Gold	Silver	Bronze	Iron
75 stroke or 50 stroke / 25 free	**6 x 75 15” rest**	**6 x 75 15” rest**	**4 x 75 15” rest**	**4 x 75 15” rest**

50 easy

	Gold	Silver	Bronze	Iron
Total meters	***3050***	***2750***	***2600***	***2000***