Wednesday, March 29, 2023

300 swim – 200 kick – 300 pull

4 x 50	**25 catchup / 25 build**	**10” rest**

		Gold	Silver	Bronze	Iron
Swim	**build each 100**	**500**	**400**	**300**	**200**
	2 x 50 – FAST!	**@ :50**	**@ :55**	**@ 1:00**	**15” rest**
Pull	**build each 100**	**400**	**300**	**300**	**200**
	2 x 50 – FAST!	**@ :50**	**@ :55**	**@ 1:00**	**15” rest**
Swim	**build each 100**	**400**	**300**	**300**	**200**
	2 x 50 – FAST!	**@ :50**	**@ :55**	**@ 1:00**	**15” rest**
	Total yards	***2600***	***2300***	***2200***	***1900***

50 easy

Choice of Stroke	Gold	Silver	Bronze	Iron
Repeat	**3x**	**3x**	**2x**	**2x**
Perfect stroke	**100**	**100**	**100**	**50**
odd: build	**4 x 25**	**4 x 25**	**4 x 25**	**2 x 25**
even: fast!	**@ :30**	**@ :30**	**@ :30**	**@ :45**

100 easy

Total yards	***3350***	***3050***	***2750***	***2250***