

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
<i>Total yards</i>		2600	2300	2200	1900

50 easy

Choice of Stroke	Gold	Silver	Bronze	Iron
<i>Repeat</i>	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

<i>Total yards</i>	3350	3050	2750	2250
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