

Wednesday, June 8, 2022

300 swim – 200 kick – 300 pull

8 x 25 IM order

10" rest

Repeat sequence 2 times: 1: Swim 2: Pull

	Gold	Silver	Bronze	Iron
Negative split	300 20" rest	250 20" rest	200 20" rest	200 20" rest
Build each 100	3 x 100 @ 1:30	3 x 100 @ 1:45	2 x 100 @ 2:00	1 x 100 20" rest
Fast!	4 x 25 @ :30	4 x 25 @ :35	4 x 25 @ :40	2 x 25 20" rest
Easy	50	50	50	50
Total meters	2500	2400	2100	1800

	Gold	Silver	Bronze	Iron
Repeat sequence:	3x	2x	2x	1x
IM or stroke/free by 25s	100 @ 1:45	100 @ 2:00	100 @ 2:15	100 20" rest
Fast! Choice of stroke	2 x 25 @ :30	2 x 25 @ :35	2 x 25 @ :40	2 x 25 20" rest
Total meters	2950	2650	2350	1950

100 easy

Total meters	3050	2750	2450	2050
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