

Monday, July 11, 2022

300 swim – 200 kick – 300 pull

4 x 50	25 catch up - 5 gutter pushups - 25 build	10" rest
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	Gold	Silver	Bronze	Iron
Swim; increase intensity thru set	5 x 100	4 x 100	4 x 100	3 x 100
	@ 1:35	@ 1:50	@ 2:00	15" rest
	50 easy			
Pull; increase intensity thru set	5 x 100	4 x 100	4 x 100	2 x 100
	@ 1:35	@ 1:50	@ 2:00	15" rest
	50 easy			
<i>Total meters</i>	2100	1900	1900	1600

	Gold	Silver	Bronze	Iron
Kick – 25 moderate – 25 fast	300	200	200	100

	Gold	Silver	Bronze	Iron
<i>Choice of stroke</i> 100 smooth - 25 FAST!	4 x 125	4 x 125	2 x 125	2 x 125
<i>If all free</i>	@ 2:00	@ 2:15	@ 2:30	15" rest
<i>If IM or stroke</i>	@ 2:15	@ 2:30	@ 2:45	

100 easy

<i>Total meters</i>	3000	2700	2450	2050
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