

Wednesday, February 16, 2022

300 swim – 200 kick – 300 pull

4 x 50 Run the shallow end
odds: front/backwards 10" rest
evens: sideways

	Gold	Silver	Bronze	Iron
Swim - Focus on low stroke count	300	300	200	200

Each series is choice of Swim or Pull.

		Gold	Silver	Bronze	Iron
	Repeat series:	6 times	5 times	4 times	3 times
4 x 50	1, 2: Smooth 3, 4: Build	:45	:50	:55	15" rest
2 x 25	FAST! Choice of stroke	:25	:30	:35	10" rest
50	easy				

Total yards	3100	2800	2400	2100
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100 easy

Total yards	3200	2900	2500	2200
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