

Saturday, July 1, 2023

300 swim – 200 kick – 300 pull

4 x 50	25 smooth / 25 build	10" rest
	5 streamline jumps at deep end	

	Gold	Silver	Bronze	Iron
<i>Repeat series:</i>	6x	5x	4x	3x
Each 200 is: 150 smooth / 50 pick up	200 @ 3:00	200 @ 3:30	200 @ 4:00	200 20" rest
Fast	2 x 25 @ :30	2 x 25 @ :35	2 x 25 @ :40	2 x 25 10" rest
Easy	50	50	50	50
<i>Total meters</i>	2800	2500	2200	1900

If doing all free, do some pull

If doing non-free, take at least 20" after 200

	Gold	Silver	Bronze	Iron
Odds: smooth	8 x 25	8 x 25	8 x 25	8 x 25
Evens: fast	@ :30	@ :35	@ :40	10" rest
<i>Total meters</i>	3000	2700	2400	2100

100 easy

<i>Total meters</i>	3100	2800	2500	2200
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