

Wednesday, January 15, 2025

300 swim – 200 kick – 300 pull

8 x 25 IM order

10" rest

Repeat the series 4
times:

1: swim
2: pull
3: choice - free/stroke/IM
4: choice - free/stroke/IM
(add 10" if non-free)

	Gold	Silver	Bronze	Iron
Work turns & streamlines	250 20" rest	200 20" rest	150 20" rest	100 20" rest
Descend to fast	3 x 50 @ :50	3 x 50 @ :55	3 x 50 @ 1:00	2 x 50 15" rest
Strong 1 st 50; faster 2 nd 50	100	100	100	100
<i>Total yards</i>	3000	2800	2600	2200

50 easy

	Gold	Silver	Bronze	Iron
Choice of stroke Fast!	2 x 50 @ 1:00	2 x 50 @ 1:00	2 x 50 @ 1:15	2 x 50 @ 1:30

100 easy

<i>Total yards</i>	3250	3050	2850	2450
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