

Saturday, January 22, 2022

300 swim – 200 kick – 300 pull

25 scull / 25 build		
4 x 50	Different things to try: Arms at side; feet first; sitting w/ knees/toes at surface	10" rest

	Gold	Silver	Bronze	Iron
Swim or pull	6 x 100	6 x 100	5 x 100	4 x 100
Build 75 – fast 25	@ 1:25	@ 1:35	@ 1:45	@ 2:00

50 easy

	Gold	Silver	Bronze	Iron
Swim or pull	8 x 75	6 x 75	6 x 75	4 x 75
Build 50 – fast 25	@ 1:10	@ 1:20	@ 1:30	@ 1:45
<i>Total yards</i>	<i>2250</i>	<i>2100</i>	<i>2000</i>	<i>1750</i>

50 easy

Choice of stroke	Gold	Silver	Bronze	Iron
1 - cruise	12 x 50	9 x 50	9 x 50	6 x 50
2 - build	@ :45 to	@ :50 to	@ :55 to	@ 1:00 to
3 - fast	:55	1:00	1:05	1:10

100 easy

<i>Total yards</i>	<i>3000</i>	<i>2700</i>	<i>2600</i>	<i>2200</i>
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