Wednesday, May 4, 2022

300 swim – 200 kick – 300 pull

8 x 25 IM order 10” rest

	Gold	Silver	Bronze	Iron
Repeat the series:	4 x	4 x	3 x	3 x
Smooth	250 @ 3:30	150 @ 2:15	150 @ 2:30	150 20” rest
Fast! Choice of stroke Get your time	100	100	100	100
Recover – restore - regroup	100	100	100	50
Total yards	*2800*	*2400*	*2150*	*1900*

	Gold	Silver	Bronze	Iron
Kick - *change stroke every 50*	300	300	300	200

100 easy

Total yards	*3200*	*2800*	*2550*	*2200*