

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	150	150	150
	@ 3:30	@ 2:15	@ 2:30	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
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