

Saturday, February 22, 2025

300 swim – 200 kick – 300 pull

25 drill / 25 build		
4 x 50	Drill = free w/dolphin kick	10" rest
Use fast arms		

LSC = low stroke count

	Gold	Silver	Bronze	Iron
Swim 25 quick – 50 LSC – 25 quick	5 x 100 @ 1:25	4 x 100 @ 1:35	4 x 100 @ 1:45	2 x 100 15" rest
ez	50	50	50	50
Choice of stroke Free stroke	4 x 100 @ 1:25 or 1:40	4 x 100 @ 1:35 or 1:50	3 x 100 @ 1:45 or 2:00	2 x 100 15" rest
ez	50	50	50	50
Pull – steady effort	5 x 100 @ 1:20	4 x 100 @ 1:30	4 x 100 @ 1:40	3 x 100 15" rest
ez	50	50	50	50
Descend – Last one FAST	4 x 100 @ 1:45	4 x 100 @ 2:00	3 x 100 @ 2:15	3 x 100 30" rest
Total yards	2950	2750	2550	2150

50 easy

	Gold	Silver	Bronze	Iron
Choice of stroke 1 smooth, 2-3-4 fast	8 x 25 @ :30	4 x 25 @ :30	4 x 25 @ :35	4 x 25 @ :45

100 easy

Total yards	3300	3000	2800	2400
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