

Wednesday, June 29, 2022

300 swim – 200 kick – 300 pull

8 x 25

IM order

10" rest

	Gold	Silver	Bronze	Iron
Swim	6 x 100	5 x 100	4 x 100	3 x 100
Odds: Smooth	@ 1:30	@ 1:45	@ 2:00	15" rest
Evens: Build 50/fast 50				
Pull	6 x 100	5 x 100	4 x 100	3 x 100
Odds: Smooth	@ 1:30	@ 1:45	@ 2:00	15" rest
Evens: Build 50/fast 50				
<i>Total meters</i>	<i>2200</i>	<i>2000</i>	<i>1800</i>	<i>1600</i>

	Gold	Silver	Bronze	Iron
Kick - 25 ez / 25 fast	250	200	200	100

	Gold	Silver	Bronze	Iron
Choice of stroke	12 x 50	10 x 50	8 x 50	4 x 50
Odds: smooth	@ :50 –	@ 1:00 –	@ 1:10 –	15" rest
Evens: fast	1:00	1:10	1:20	

100 easy

Total meters *3150* *2800* *2500* *2000*