

Saturday, October 12, 2024

300 swim – 200 kick – 300 pull

4 x 50	25 breaststroke drill / 25 free build odds: breaststroke arms / flutter kick evens: breaststroke arms / dolphin kick	10" rest
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Pull the 2nd two swims

	Gold	Silver	Bronze	Iron
Fast turns / walls	300	200	200	100
Breathe 2/3/4/5 by 25s	300	200	200	100
Fast turns / walls	300	200	200	100
Breathe 2/3/4/5 by 25s	300	200	200	100
<i>Total yards</i>	<i>2200</i>	<i>1800</i>	<i>1800</i>	<i>1400</i>

Breaststroke

	Gold	Silver	Bronze	Iron
25 BR pull w/dolphin kick				
25 BR 1 pull / 2 whip kick	2 x 75	2 x 75	2 x 75	2 x 75
25 BR full stroke				

	Gold	Silver	Bronze	Iron
Each set of 3 is the same stroke - choice				
1: 1st 50 fast	9 x 100	9 x 100	6 x 100	6 x 100
2: Middle 50 fast	@ 1:30 –	@ 1:40 –	@ 1:50 –	15" rest
3: 2nd 50 fast	1:40	1:50	2:00	

50 easy

<i>Total yards</i>	<i>3300</i>	<i>2900</i>	<i>2600</i>	<i>2200</i>
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