

Wednesday, April 6, 2022

300 swim – 200 kick – 300 pull

Build each 50

4 x 50 Deep push off and at least three
dolphin kicks from each wall

10" rest

	Gold	Silver	Bronze	Iron
Swim or Pull	3 x 200	2 x 200	2 x 200	200
Smooth - 3 rd 50 fast	@ 2:40	@ 3:10	@ 3:30	20" rest
Swim or Pull	2 x 100	2 x 100	2 x 100	2 x 100
Finish each 100 fast	@ 1:20	@ 1:35	@ 1:45	15" rest
Fast	4 x 25 @ :30	4 x 25 @ :30	4 x 25 @ :35	4 x 25 @ :40
Total yards	1900	1700	1700	1500

50 easy

	Gold	Silver	Bronze	Iron
Kick - Steady pace	300	200	150	100
Total yards	2250	1950	1900	1650

	Gold	Silver	Bronze	Iron
IM or 3 rd 50 non-free	3 x 200 @ 3:10	2 x 200 @ 3:30	200 @ 4:00	200 20" rest
Finish each 100 fast	2 x 100 @ 1:20	2 x 100 @ 1:35	2 x 100 @ 1:45	2 x 100 15" rest
Fast	4 x 25 @ :30	4 x 25 @ :30	4 x 25 @ :35	4 x 25 @ :40
Total yards	3150	2650	2400	2150

100 easy

<i>Total yards</i>	<i>3250</i>	<i>2750</i>	<i>2500</i>	<i>2250</i>
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