

Wednesday, February 28, 2024

300 swim – 200 kick – 300 pull

4 x 50 25 weird / 25 free

1 stroke fly / 1 stroke breast

Odds: with dolphin kick

Evens: with whip kick

10" rest

	Gold	Silver	Bronze	Iron
Each set of 3 x 100 1: Smooth 2: Pick it up a little 3: Fast	9 x 100 1:25	6 x 100 1:40	6 x 100 1:50	3 x 100 15" rest
50 easy				
Same thing, but pull	6 x 100 1:25	6 x 100 1:40	3 x 100 1:50	3 x 100 15" rest
50 easy				
Total yards	2600	2300	2000	1700

	Gold	Silver	Bronze	Iron
Same thing, but IM, all stroke or stroke/free by 25s	6 x 100 1:35	3 x 100 1:50	3 x 100 2:00	3 x 100 15" rest

100 easy

Total yards	3300	2700	2400	2100
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