

Wednesday, April 5, 2023

300 swim – 200 kick – 300 pull

4 x 50	25 backstroke drill / 25 build	10" rest
	<i>Odds: Kick w/ arms at sides; rotate</i>	
	<i>shoulder to chin</i>	
	<i>Evens: Single arm; off arm at side</i>	

Repeat the series 4 times

	Gold	Silver	Bronze	Iron
Stroke varies by round Long and perfect	250	150	150	100
Choice of stroke Odds: smooth Evens: fast	8 x 25 :25 or :30	8 x 25 :30	6 x 25 :30 or :35	4 x 25 :40
Choice of stroke Fast	100	50	50	50

Round 1: Backstroke

Round 3: Choice of stroke

Round 2: Free

Round 4: Free

Total yards	3200	2600	2400	2000
-------------	------	------	------	------

50 easy

Total yards	3250	2750	2450	2050
-------------	------	------	------	------