



Wednesday, August 19, 2020



300 swim – 200 kick – 300 pull

4 x 50 Run the shallow end 10" rest

Odds: Pick it up every 4th 25 Evens: Non-free every 4th 25	Gold	Silver	Bronze	Iron
	5 x 400 20" rest	4 x 400 20" rest	4 x 300 20" rest	3 x 300 20" rest
<i>Total meters</i>	3000	2600	2200	1900

	Gold	Silver	Bronze	Iron
Kick	300	250	200	150

50 easy

<i>Total meters</i>	3350	2900	2450	2100
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