

Saturday, February 25, 2023

300 swim – 200 kick – 300 pull

4 x 50 25 drill / 25 build 10" rest
Drill = 1 arm underwater recovery

	Gold	Silver	Bronze	Iron
25, 50, or 75 non-free	4 x 75 @ 1:10	4 x 75 @ 1:20	2 x 75 @ 1:30	2 x 75 15" rest
Pull	2 x 150 @ 2:00	2 x 150 @ 2:15	2 x 150 @ 2:30	2 x 100 10" rest
Smooth & long + last 50 fast	2 x 200 @ 2:45	1 x 200	1 x 200	2 x 100 15" rest
<i>Total yards</i>	2000	1800	1650	1550

<i>Strong solid effort</i>	1 x 200	1 x 200	1 x 200	1 x 100
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50 easy

Smooth & long + last 50 fast	2 x 200 @ 2:40	1 x 200	1 x 200	2 x 100 15" rest
Pull	2 x 150 @ 2:00	2 x 150 @ 2:15	2 x 150 @ 2:30	2 x 100 10" rest
25, 50, or 75 non-free	4 x 75 @ 1:15	4 x 75 @ 1:20	2 x 75 @ 1:30	2 x 75 10" rest
<i>Total yards</i>	3250	2850	2550	2250

100 easy

<i>Total yards</i>	3350	2950	2650	2350
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