

Wednesday, June 26, 2023

300 swim – 200 kick – 300 pull

4 x 50 Run the shallow end

10" rest

		Gold	Silver	Bronze	Iron
		3 x	2 x	2 x	1 x
1	50 ez / 25 build / 25 fast	4 x 100 @ 1:30	4 x 100 @ 1:40	4 x 100 @ 1:50	4 x 100 :10 rest
2	25 ez / 25 build / 50 fast				
3	25 build / 75 fast				
4	100 fast				
Total yards		2200	1800	1800	1400

50 easy

		Gold	Silver	Bronze	Iron
		2 x	2 x	1 x	1 x
1	25 fly / 75 free	3 x 100 @ 1:35	3 x 100 @ 1:50	3 x 100 @ 2:10	3 x 100 15" rest
2	25 back / 75 free				
3	25 breast / 75 free				
Total yards		2850	2450	2150	1750

50 easy

	Gold	Silver	Bronze	Iron
Choice of stroke	4 x 25	4 x 25	4 x 25	4 x 25
Odds: build Evens: Fast	@ :30	@ :35	@ :40	@ :45

100 easy

Total yards	3100	2700	2400	2000
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