

Wednesday, December 12, 2023

300 swim – 200 kick – 300 pull

4 x 50 Drill/build by 25s 10" rest
Odds: fist Evens: Catch-up

Swim? Pull?	Gold	Silver	Bronze	Iron
Repeat:	5x	4x	3x	3x
smooth	250 @ 3:20	250 @ 4:00	250 @ 4:20	200 @ 4:20
fast	50 @ 1:00	50 @ 1:00	50 @ 1:00	50 @ 20" rest
<i>Total yards</i>	2500	2200	1900	1750

50 easy

Kick	Gold	Silver	Bronze	Iron
Mod/fast by 25s	300	250	200	150

Choice of stroke	Gold	Silver	Bronze	Iron
1 - build	4 x	3 x	3 x	2 x
2 – fast	4 x 25	4 x 25	4 x 25	4 x 25
3 – fast	@ :25	@ :30	@ :30-:35	10" rest
4 - easy				
	30" rest between sets of 4			
<i>Total yards</i>	3250	2800	2450	2150

50 easy

<i>Total yards</i>	3300	2850	2500	2200
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