Wednesday, December 12, 2023

300 swim – 200 kick – 300 pull

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

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
Total yards	*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 2 – fast 3 – fast 4 - easy	4 x 4 x 25 @ :25	3 x 4 x 25 @ :30	3 x 4 x 25 @ :30-:35	2 x 4 x 25 10” rest
	30” rest between sets of 4			
Total yards	*3250*	*2800*	*2450*	*2150*

50 easy

Total yards	*3300*	*2850*	*2500*	*2200*