

Saturday, March 11, 2023

300 swim – 200 kick – 300 pull

4 x 50	25 ez – 5 pushups – 25 build	10" rest
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	Gold	Silver	Bronze	Iron
Swim	2 x 200	2 x 200	1 x 200	1 x 200
Last 50 fast	2:45	3:10	3:30	20" rest
Pull	3 x 200	2 x 200	2 x 200	2 x 200
Last 50 fast	2:45	3:10	3:30	20" rest
Swim	2 x 200	2 x 200	2 x 200	1 x 200
Last 50 fast	2:45	3:10	3:30	20" rest
<i>Total yards</i>	<i>2400</i>	<i>2200</i>	<i>2000</i>	<i>1800</i>

50 easy

Kick	Gold	Silver	Bronze	Iron
25 mod / 25 fast	300	300	200	200
Switch strokes				
<i>Total yards</i>	<i>2750</i>	<i>2550</i>	<i>2250</i>	<i>2050</i>

Choice of stroke	Gold	Silver	Bronze	Iron
25 ez / 25 build / 25 FAST!	8 x 75	4 x 75	4 x 75	4 x 75
	15" rest	15" rest	15" rest	15" rest
<i>Total yards</i>	<i>3350</i>	<i>2850</i>	<i>2550</i>	<i>2350</i>

50 easy

<i>Total yards</i>	<i>3400</i>	<i>2900</i>	<i>2600</i>	<i>2400</i>
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