Friday, August 13, 2021

300 swim – 200 kick – 300 pull

4 x 50	25 fist / 25 build	10” rest

	Gold	Silver	Bronze	Iron
Smooth free	5 x 100 @ 1:30	5 x 100 @ 1:40	4 x 100 @ 1:50	4 x 100 15” rest

	Gold	Silver	Bronze	Iron
Fast and consistent Free	16 x 25 @ 25”	14 x 25 @ 30”	12 x 25 @ 35”	8 x 25 @ 40”

Make room at the wall for everyone to finish

100 easy

	Gold	Silver	Bronze	Iron
Smooth Stroke/free by 25s	5 x 100 @ 1:40	4 x 100 @ 1:55	4 x 100 @ 2:00	3 x 100 20” rest

	Gold	Silver	Bronze	Iron
Fast and consistent If free If stroke	16 x 25 @ 25” @ 30”	14 x 25 @ 30” @ 35”	12 x 25 @ 35” @ 40”	8 x 25 @ 40” @ 45”

100 easy

Total meters	*3000*	*2800*	*2600*	*2300*