Saturday, September 18, 2021

300 swim – 200 kick – 300 pull

8 x 25 IM order 10” rest

		Gold	Silver	Bronze	Iron
		6 x 250	5 x 250	4 x 250	3 x 250
Broken 250s	25 free	5-10” rest			
	50 – breast/free	5-10” rest			
	75 – back/br/free	5-10” rest			
	100 IM or free				
	Total yards	*2500*	*2250*	*2000*	*1750*

50 easy

	Gold	Silver	Bronze	Iron
Perfect technique	3 x 100 @ 1:25	3 x 100 @ 1:35	3 x 100 @ 1:45	2 x 100 20” rest

50 easy

	Gold	Silver	Bronze	Iron
Odds: Smooth Evens: Fast Choice of stroke	10 x 25 @ :30	8 x 25 @:35	8 x 25 @ :40	6 x 25 @ :45
Total yards	*3150*	*2850*	*2600*	*2200*

100 easy

Total yards	*3250*	*2950*	*2700*	*2300*