

Saturday, March 5, 2022

300 swim – 200 kick – 300 pull

4 x 50 Porpoise the shallows

10" rest

	Gold	Silver	Bronze	Iron
Swim Build effort thru set	4 x 100 @ 1:20	4 x 100 @ 1:35	3 x 100 @ 1:45	2 x 100 20" rest
4 x 25 – Choice Odds: Build Evens: FAST!	@ :30	@ :30	@ :40	15" rest

50 easy

25 stroke / 25 free or IM	4 x 100 @ 1:30	4 x 100 @ 1:45	3 x 100 @ 2:00	2 x 100 15" rest
4 x 25 – Choice Odds: Build Evens: FAST!	@ :30	@ :30	@ :45	15" rest
<i>Total yards</i>	<i>2050</i>	<i>2050</i>	<i>1850</i>	<i>1650</i>

50 easy

	Gold	Silver	Bronze	Iron
Pull Build effort thru set	4 x 100 @ 1:20	3 x 100 @ 1:35	3 x 100 @ 1:45	2 x 100 20" rest
4 x 25 – Choice Odds: Build Evens: FAST!	@ :30	@ :30	@ :45	15" rest
<i>Total yards</i>	<i>2600</i>	<i>2500</i>	<i>2300</i>	<i>2000</i>

50 easy

Kick – steady effort	300	200	200	200
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50 easy

<i>Total yards</i>	<i>3000</i>	<i>2800</i>	<i>2600</i>	<i>2300</i>
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