

Friday, July 8, 2022

300 swim – 200 kick – 300 pull

25 drill / 25 build  
4 x 50 Odds: Dog paddle-style scull 10" rest  
Evens: Scull choice

	Gold	Silver	Bronze	Iron
Perfect technique	4 x 100 @ 1:40	3 x 100 @ 1:50	3 x 100 @ 2:00	2 x 100 15" rest

	Gold	Silver	Bronze	Iron
Fast and consistent!	16 x 25 @ 25"	16 x 25 @ 30"	12 x 25 @ 35"	8 x 25 @ 40"

50 easy

Choice of stroke	Gold	Silver	Bronze	Iron
Perfect technique (if non-free add 15")	4 x 100 @ 1:40	3 x 100 @ 1:50	3 x 100 @ 2:00	2 x 100 15" rest
<i>Total yards</i>	2250	2050	1950	1650

	Gold	Silver	Bronze	Iron
Fast and consistent!	16 x 25 @ 25"	16 x 25 @ 30"	12 x 25 @ 35"	8 x 25 @ 40"

100 easy

<i>Total meters</i>	2750	2550	2350	1950
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