

## 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
<b>Perfect technique</b>	<b>4 x 100</b> @ 1:40	<b>3 x 100</b> @ 1:50	<b>3 x 100</b> @ 2:00	<b>2 x 100</b> 15" rest

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

50 easy

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

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

100 easy

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