

Wednesday, December 14, 2022

300 swim – 200 kick – 300 pull

4 x 50 25 drill / 25 build 10" rest
Odds: fist Evens: catchup

	Gold	Silver	Bronze	Iron
Swim 25 DPS / 25 build	300	250	200	200
Swim	6 x 100	6 x 100	4 x 100	4 x 100
<i>Odds/evens</i>	1:15/1:25	1:25/1:35	1:35/1:45	5"/15" rest
<i>Total yards</i>	1900	1850	1600	1600

50 easy

	Gold	Silver	Bronze	Iron
Pull 25 DPS / 25 build	300	250	200	200
Pull	6 x 100	4 x 100	4 x 100	2 x 100
<i>Odds/evens</i>	1:15/1:25	1:25/1:35	1:35/1:45	5"/15" rest
<i>Total yards</i>	2850	2550	2250	2050

50 easy

	Gold	Silver	Bronze	Iron
Kick - Change stroke at least every 50	300	250	200	150
<i>Total yards</i>	3200	2850	2500	2250

100 easy

<i>Total yards</i>	3300	2950	2600	2350
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