

Saturday, September 21, 2024

300 swim – 200 kick – 300 pull

25 Drill / 25 build free		
4 x 50	Drill = Hover and strike w/ 6 beat kick	10" rest

	Gold	Silver	Bronze	Iron
IM – 25 kick / 25 swim of each stroke	4 x 200	3 x 200	3 x 200	2 x 200
	30" rest			
<i>Total yards</i>	<i>1800</i>	<i>1600</i>	<i>1600</i>	<i>1400</i>

50 easy

Back or Free		Gold	Silver	Bronze	Iron
		6 x 6 x 25	5 x 6 x 25	4 x 6 x 25	3 x 6 x 25
25	Fast underwater kick to 15 yds – then ez				
25	Ez				
25	"Hover and strike"				
25	Ez				
25	As fast as possible				
25	Ez				
Equipment per round:		1,2 - none	1,2 - none	1 - none	1 - none
		3,4 - fins	3,4 - fins	2,3 - fins	2 - fins
		5,6 - fins/ paddles	5- fins/ paddles	4 - fins/ paddles	3 - fins/ paddles
<i>Total yards</i>		<i>2750</i>	<i>2400</i>	<i>2250</i>	<i>1900</i>

100 easy

<i>Total yards</i>	<i>2850</i>	<i>2500</i>	<i>2350</i>	<i>2000</i>
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