

Saturday, January 21, 2023

300 swim – 200 kick – 300 pull

4 x 50	25 drill / 25 build	10" rest
Odds: Tarzan (head up & fast turnover)		

Repeat series 3 times: 1: swim 2: pull 3: choice - free/stroke/IM

	Gold	Silver	Bronze	Iron
Emphasize technique	250	150	150	100
As peppy as you want	4 x 75 @ 1:05	4 x 75 @ 1:20	2 x 75 @ 1:35	2 x 75 15" rest
Easy	50	50	50	50
<i>Total yards</i>	2800	2500	2050	1900

<i>Choice of stroke</i>	Gold	Silver	Bronze	Iron
80% effort	100	100	100	100
Easy	50	50	50	50
90% effort	2 x 50	2 x 50	2 x 50	2 x 50
Easy	50	50	50	50
Odds: fast Evens: easy	4 x 25	4 x 25	4 x 25	2 x 25
<i>Total yards</i>	3200	2900	2450	2250

50 easy

<i>Total yards</i>	3250	2950	2500	2300
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