

Saturday, December 10, 2022

300 swim – 200 kick – 300 pull

4 x 50	25 first drill / 25 build	5 - 10" rest
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Gold	Silver	Bronze	Iron
10 x 200	8 x 200	7 x 200	5 x 200

Split up as follows....

Swim Negative split	3 x 200 @ 2:45	2 x 200 @ 3:10	2 x 200 @ 3:30	1 x 200
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Kick	1 x 200	1 x 200	1 x 200	1 x 200
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25 stroke/25 free, 2 x 100 IM or 200 IM	2 x 200 @ 3:15	2 x 200 @ 3:30	2 x 200 @ 4:00	1 x 200
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Kick	1 x 200	1 x 200	1 x 200	1 x 200
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Pull Negative split	3 x 200 @ 2:45	2 x 200 @ 3:10	1 x 200	1 x 200
<i>Total yards</i>	3000	2600	2400	2000

100 easy

<i>Total yards</i>	3100	2700	2500	2100
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