

Saturday, January 20, 2024

300 swim – 200 kick – 300 pull

4 x 50 25 fist drill / 25 build	10" rest
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Repeat series: 3 times 1: swim 2: pull 3: choice (free/stroke)

	Gold	Silver	Bronze	Iron
Smooth -- No breathing inside the flags	250	150	100	100
Increasingly peppy	4 x 75 @ 1:05	4 x 75 @ 1:15	4 x 75 @ 1:30	2 x 75 15" rest
Easy	50	50	50	50
<i>Total yards</i>	2800	2500	2350	1900

<i>Choice of stroke</i>	Gold	Silver	Bronze	Iron
80% effort	100	50	50	50
Easy	50	50	50	50
90% effort	2 x 50	50	50	50
Easy	50	50	50	50
All fast	4 x 25	4 x 25	2 x 25	2 x 25
<i>Total yards</i>	3200	2800	2600	2150

100 easy

<i>Total yards</i>	3300	2900	2700	2250
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