

Monday, August 7, 2023

300 swim – 200 kick – 300 pull

4 x 50	25 Double arm backstroke / 25 build free	10" rest
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	Gold	Silver	Bronze	Iron
4x50 smooth / 25 fast	4 x 300	3 x 300	3 x 300	2 x 300
Some swim; some pull	@ 4:30 / 20" rest	@ 5:00 / 20" rest	@ 5:30 / 20" rest	20" rest
<i>Total meters</i>	<i>2200</i>	<i>1900</i>	<i>1900</i>	<i>1600</i>

50 easy

	Gold	Silver	Bronze	Iron
Repeat the series (150)	5x	5x	3x	2x
50 build free 25 fast – choice of stroke 25 ez 25 fast – free 25 ez	5" rest after swim Start 150 on next top/bottom			
<i>Total meters</i>	<i>3000</i>	<i>2700</i>	<i>2400</i>	<i>1950</i>

50 easy

<i>Total meters</i>	<i>3050</i>	<i>2750</i>	<i>2450</i>	<i>2000</i>
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