Saturday, August 10, 2024

300 swim – 200 kick – 300 pull

8 x 25 IM order 10” rest

	Gold	Silver	Bronze	Iron
Repeat the series:	**3x**	**3x**	**3x**	**3x**
100 IM + 25 free	**125**	**125**	**125**	**125**
Free - smooth	**150**	**100**	**100**	**50**
25 free + 100 reverse IM or all free	**125**	**125**	**125**	**125**
Pick up the pace - Choice of stroke	**3 x 50**	**2 x 50**	**1 x 50**	**1 x 50**
Total meters	***2650***	***2350***	***2200***	***2050***

50 easy

		Gold	Silver	Bronze	Iron
kick	**steady effort**	**100**	**100**	**50**	**50**
	fast	**4 x 25**	**4 x 25**	**4 x 25**	**4 x 25**
	Total meters	***2900***	***2600***	***2400***	***2250***

100 easy

	Total meters	***3000***	***2700***	***2500***	***2350***