

Friday, April 29, 2022

300 swim – 200 kick – 300 pull

25 one-arm backstroke / 25 build free
4 x 50 Off arm at side; focus on shoulder 10" rest
and hip rotation

	Gold	Silver	Bronze	Iron
Repeat the series:	5x	4x	3x	2x
25 free 25 breast / 25 free 25 bk / 25 br / 25 free 100 IM 100 free smooth	Third person rest or 10" after each swim. Start each series on the top.			
<i>Total yards</i>	<i>2750</i>	<i>2400</i>	<i>2050</i>	<i>1700</i>

50 easy

	Gold	Silver	Bronze	Iron
Kick / drill / swim by 25s	300	300	300	300
<i>Total yards</i>	<i>3100</i>	<i>2750</i>	<i>2400</i>	<i>2050</i>

100 easy

<i>Total yards</i>	<i>3200</i>	<i>2850</i>	<i>2500</i>	<i>2150</i>
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