Wednesday, October 25, 2023

300 swim – 200 kick – 300 pull

4 x 50	25 Drill / 25 build free Drill = breast 2 kicks / 1 pull	10” rest

	Gold	Silver	Bronze	Iron
Continuous	300	300	300	200
Each 100 is: kick/swim/drill/swim by 25s	100 fly 100 back 100 breast	100 fly 100 back 100 breast	100 fly 100 back 100 breast	100 back 100 breast

Drill ideas: Single arm w/ off arm up; single arm w/ off arm at side; regular arms w/ flutter kick; regular arms w/ dolphin kick; hands in fists

	Gold	Silver	Bronze	Iron
Half free / half IM Your choice of order e.g. alternate; 2 each	12 x 100	10 x 100	8 x 100	4 x 100
Free	1:20	1:30	1:40	10” rest
IM	1:35	1:45	2:00	10” rest
Total yards	*2500*	*2300*	*2100*	*1600*

50 easy

	Gold	Silver	Bronze	Iron
Repeat:	4x	3x	2x	2x
Swim or pull	3 x 50	3 x 50	3 x 50	3 x 50
Descend 1 - 3	@ :45	@ :50	@ :55	10” rest

100 easy

Total yards	*3250*	*2900*	*2550*	*2050*