Wednesday, March 27, 2024

300 swim – 200 kick – 300 pull

4 x 50	25 catchup / 25 build	10” rest

	Gold	Silver	Bronze	Iron
Swim build each 100	400	300	300	200
2 x 50 – FAST!	@ :50	@ :55	@ 1:00	15” rest
Pull build over entire distance	400	300	300	200
2 x 50 – FAST!	@ :50	@ :55	@ 1:00	15” rest
Swim build over entire distance	400	300	300	200
2 x 50 – FAST!	@ :50	@ :55	@ 1:00	15” rest
Total yards	*2500*	*2200*	*2200*	*1900*

50 easy

	Gold	Silver	Bronze	Iron
Repeat	4x	3x	2x	2x
Smooth free	100	100	100	50
Choice of stroke 1: build 2-3-4: fast!	4 x 25 @ :30	4 x 25 @ :30	4 x 25 @ :35	2 x 25 @ :45

100 easy

Total yards	*3450*	*2950*	*2750*	*2250*