

Saturday, July 13, 2024

300 swim – 200 kick – 300 pull

4 x 50 - 25 fist / 25 swim

Count strokes & keep # low

10" rest

	Gold	Silver	Bronze	Iron
Swim; negative split	500 30" rest	400 30" rest	400 30" rest	300 30" rest
Fly #1 perfect/build	2 x 25	2 x 25	2 x 25	2 x 25
#2 fast	@ :30	@ :30	@ :40	15" rest
Pull; negative split	400	400	300	200
Back #1 perfect/build	2 x 25	2 x 25	2 x 25	2 x 25
#2 fast	@ :30	@ :30	@ :40	15" rest
Swim; negative split	500	400	400	300
Breast #1 perfect/build	2 x 25	2 x 25	2 x 25	2 x 25
#2 fast	@ :30	@ :30	@ :40	15" rest
Pull; negative split	400	400	300	200
Free #1 perfect/build	2 x 25	2 x 25	2 x 25	2 x 25
#2 fast	@ :30	@ :30	@ :40	15" rest
Total meters	3000	2800	2600	2200

100 easy

Total meters	3100	2900	2700	2300
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Upcoming: Grown Up Swimming!

Swim meets on Fridays in July (19, 26) and August (9, 16) in Boulder

(Spruce and Scott Carpenter)

www.grownupswimming.com