

Saturday, November 5, 2022

300 swim – 200 kick – 300 pull

4 x 50 25 drill / 25 build

Odds: fist Evens: fingertip drag 10" rest

	Gold	Silver	Bronze	Iron
Swim Smooth 75 / fast 25	400	400	300	200
Pull Smooth 75 / fast 25	4 x 200 @ 2:50	3 x 200 @ 3:10	3 x 200 @ 3:30	2 x 200 20" rest
Build within each 100 Smooth 75 / fast 25	4 x 100 @ 1:25	4 x 100 @ 1:35	3 x 100 @ 1:45	2 x 100 10" rest
50 easy				
FAST! Choice of stroke	4 x 50 @ 1:00	4 x 50 @ 1:00	3 x 50 @ 1:00	3 x 50 30" rest
50 easy				
<i>Total yards</i>	2900	2700	2450	2050

	Gold	Silver	Bronze	Iron
Kick - 25 mod/25 fast	400	300	300	200

50 easy

<i>Total yards</i>	3350	3050	2800	2300
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